DOCUMENT RESUME

ED 069 360 PS 005 952

AUTHOR	Foster, Florence P.
TITLE	Adventures in Cooking: A Collection of Recipes for Use in Nursery Schools, Day Care Centers, Head Start Programs, Kindergartens, and Primary Classrooms.
PUB DATE	Jun 71
NOTE	105p.
AVAILABLE FROM	Florence P. Foster, 810 Harding Street, Westfield, New Jersey 07090 ($3.00)
EDRS PRICE	MF-$0.65 HC-$6.58
DESCRIPTORS	*Activity Learning; *Child Care Centers; *Early Childhood Education; Early Experience; *Health Education; Kindergarten; Preschool Curriculum; Primary Grades; Program Descriptions; Skill Development
IDENTIFIERS	Project Head Start

ABSTRACT

This is a collection of recipes which children involved in early childhood education centers can prepare for their own consumption. The recipes were contributed by teachers in such schools based on their own successful experiences in using cooking as a learning experience for children to incorporate and integrate a number of intellectual tasks, language stimulation, sensory perceptual awareness, motor skills, social living and gratification into the school program. It includes recipes for soups, vegetables, meats, cheese and egg dishes, salads, relishes, dips and spreads, breads and butter, cookies, cake, pie, puddings and fruit desserts, beverage, and candy. The appendix includes an article on cooking in an early childhood curriculum, a bibliography of picture books to coordinate with cooking experiences, and a selected bibliography of recipe books. (DG)

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ADVENTURES IN COOKING

A COLLECTION OF RECIPES FOR USE IN NURSERY SCHOOLS, DAY CARE CENTERS, HEAD START PROGRAMS, KINDERGARTENS AND PRIMARY CLASSROOMS

Compiled By

Florence P. Foster

June 1971

PS 005952

KENYON CHAPTER

New Jersey Association for the Education of Young Children

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Additional copies of
ADVENTURES IN COOKING
are available
from

Florence P. Foster
810 Harding Street
Westfield, New Jersey
07090

$2.50 per copy
Plus 50¢ for postage
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CONTENTS

PAGE

INTRODUCTION
Florence P. Foster 1

SOUPS
Vegetable-Beef Soup, Jane Sherman 3
Vegetable Soup, Mrs. M. Swartz 4
Vegetable Soup, Adele Ruppert 5

VEGETABLES
Glazed Carrots, Eleanor Fitzgerald 6
Sauerkraut Hint, Eleanor Fitzgerald 6
Turnip Greens, Bank Street Follow Through Program 7

MEATS
Pigs in Blankets, Dorothy Burns 8
Baby Meat Loaves, Florence Foster 8
Mulligan Stew, Joan Mongioi 9

CHEESE AND EGG DISHES
Pizza, Bank Street School for Children 10
Easy Cheese and Noodle Omelet, Ruth Horbatuck 11
Scrambled Eggs, Joan Mason 12
Scrambled Eggs, Jackie Brown 13
Matzoh Brei, Ruth Burkhoff 15

SALADS
Walking Salad for One, Jacqueline Spitz 14
Tossed Vegetable Salad, Flora Lally Boylan 15
Girl Scout Cabbage Salad, Eleanor Fitzgerald 16

RELISHES, DIPS AND SPREADS
Recipe for Good Nutrition, Barbara Davies and Nancy Whitehouse 17
Celery and Carrot Carts, B. Davies and N. Whitehouse 17
Cranberry Relish, Frances Smith 18
Pumpkin Seeds, Lois Horn 18
Celery Stuffed with Peanut Butter, Janice Glenfield 19
Cranberry Orange Relish, Alice Moore 19
Cranberry and Orange Relish, Myrna Klein 20
Pumpkin Seeds, Myrna Klein 20
Cranberry Relish, Dorothy Fraser 21
Cheese Dip, Shirley Levine 22
Blender Tuna Spread, Shirley Levine 23
Peanut Butter, Jane Rodimer 24
Grape Jelly, Kathleen Muller 25
Peanut Butter, Jaclyn Spinner 26
Haroset, Ruth Bickhardt 27
Charoses, Myrna Klein 43

BREADS AND BUTTER

Butter Making, Lois Horn 28
The Story of Passover, Lois Horn 28
The Cream That Wouldn't, Bank Street Folow Through 29
Muffins, Bank Street School for Children 30
Homemade Rolls, Alberta Hauser 31
Doughnuts, Lois Horn 32
Biscuits 'n Butter, Lois Roberts 33
Pumpkin Bread, Bank Street Follow Through Program 34
Golden Corn Bread, Janice Glenfield 35
Sweet Milk Waffles, Jackie Brown 35
Matzo Meal Pancakes for Passover, S. Blaine and S. Julius .. 36
Farmer's Wheat Pancakes, Mary Wells 37
Potato Pancakes, Valerie Gale 38
Irish Soda Bread, Blanche Dorsky 39
French Toast, Barbara Shulas 40
Cinnamon Toast Originals, D. Clark, V. Case, B. Nelson ... 41
Cheese Toast Snacks, D. Clark, V. Case, B. Nelson 41
Muffin Pizzas, Ruth Burkhoff 42
Cinnamon Toast, Ruth Burkhoff 42

COOKIES

Macroons, Myrna Klein 43
Raisin Rookies, Monica Deubel 44
Pumpkin Cookies, Helen Hartmann 46
Cornflake Cookies, Sharon Block 47
Peanut Butter Cookies, Jane Sherman 48
Peanut Blossoms, Glenna McKnight 49
Christmas Thumbprint Cookies, Shirley B. Young 50
Gingerbread Man Cookies, Fanny Wald 51
Cake Mix Cookies, Muriel Garson 52
Spirit Balls, Jaclyn Spinner 53
Honey Cookies, Lisbeth Brodie 54
Pudding Cookies, Dawn Sorrentino 54
Modeled Gingerbread Men, Esther Toney 55
Chocolate Yummies, B. Birmingham 58
Oatmeal Cookies, Alice Williams 59
Marshmallow Treats, Jaclyn Spinner 60
No Bake Cookies, Alice Williams and Kathy Muller 61
Oatmeal Cookies, Bank Street School for Children 62
Cooking-Related Experience, Bank Street School for Children 63

CAKE

One Bowl Cake, Alice Williams 64
Barbara's Ice Cream Cone Cupcakes, Lois Horn 65
Christmas Angel, Joan Mason 66
Hot Milk Sponge Cupcakes, Jane Sherman 68
Ice Cream Cone Cakes, Janice Lelko 69

PIE

Pumpkin Pie, Barbara Shulas 70
Chocolate Pie, Barbara Shulas 71

PUDDINGS AND FRUIT DESSERTS

Soft Custard with Lady Fingers, Flora Lally Boylan 72
Blueberry Betty, Ruth Lieb 73
Instant Pudding, Marjorie Lanning 73
Jello, Barbara Shulas 74
Ice Cream, Bea Steengrafe 75
Applesauce, Bea Steengrafe 76
Apples Are for Picking, Bank Street Follow Through Program .. 77
Pink Applesauce, Cora Van Middlesworth and Betty Peterson ... 78
Baked Apples, Bank Street Follow Through Program 78
Caramel Apples, Bank Street Follow Through Program 78

BEVERAGE

Pineapple Mix-Up, Shirley Levine 79

CANDY

Marshmallow Snowmen, Mrs. M. Swartz 80
Peanut Butter Balls, Alice Moore 81
Chow Mein Noodle Candy, Judy Bergman 81
Marshmallow Treats, Marjorie Lanning 81
Pennsylvania Dutch Potato Candy, Alta Phelps 82
Chocolate Bird Nests, Jane Rodimer 83
Peanut Brittle, Rebecca Reese 84
Wintergreen Wafers, Dorothy Minton 85
Crunchy Treats, Dorothy Minton 85
Chocolate Fudge, Dorothy Minton 85
A Honey of a Treat, Marilyn Katz 86
Chocolate Nut Chews, Alice Williams 87
Easter Eggs, Alice Williams 88
Honey Balls, Jane Rodimer 89
Refrigerator Fudge, Marjorie Lanning 90
Cereal Candy, Alta Phelps 91
Health Candy, Alta Phelps 91
Peanut Butter Logs, Dorothy P. Burns 91
Leprechaun Candy--Cream Cheese Mints, Lois Horn 92

APPENDIX

Cooking in an Early Childhood Curriculum, Bank Street College of Education Head Start/Follow Through Newsletter 93
Equipment and Utensils for a Classroom Cooking Program 95
Picture Books to Coordinate with Cooking Experiences, F. Foster 96
Selected Bibliography of Recipe Books, Florence P. Foster ... 97
Additional Resources, Florence Foster 98

PARTICIPATING SCHOOLS AND RECIPE CONTRIBUTORS 99

INTRODUCTION

Teachers of young children know that they love to cook, with and without the application of heat. In many schools, especially around the holidays, cooking is one of those fun activities in which everyone wants a turn and a taste.

But cooking is more than enjoyment. It is probably one of the best examples of a learning experience that incorporates and integrates a number of intellectual tasks, language stimulation, sensory-perceptual awareness, motor skills, social living and gratification.

Members of Kenyon Chapter, NJAEYC, eager to share a favorite recipe or two and interested in acquiring "child-tested" recipes of friends and colleagues, responded enthusiastically to our request. Many added illustrations, anecdotes, or suggestions which personalize their contributions. Names of respondents appear on pages 99-101.

To each contributor to Adventures in Cooking, we extend sincere appreciation. To users of the Kenyon Chapter recipe collection, we offer the wish that each cooking experience will also be an adventure in learning for the young children whom you teach.

Florence Foster

Florence P. Foster
Project Chairman

June 1971

VEGETABLE-BEEF SOUP

1½ lb. ground beef
1 1lb. can tomatoes
1 1lb. can tomato sauce
1 envelope onion soup or Vegetable Beef soupmix.
2 cups water
1 tsp. sugar

Ask each child to bring from home a vegetable - canned, frozen, or fresh - to add to the soup.

In electric dutch oven, lightly brown ground beef; drain off excess fat. Stir in tomatoes, tomato sauce, water, soup mix, and cut-up vegetables. Bring to a boil; add sugar. Reduce heat, cover, and simmer until vegetables are tender. Add water if mixture is too thick. Ladle into clean baby food jars to take home, or save for snack time the following day.

Jane Sherman - Director
Morris Plains Co-operative Playschool - ages 3-5.

VEGETABLE SOUP

1 pound beef chunks
2 cans beef broth
4 carrots
4 stalks celery
2 onions
2 turnips
1 bay leaf
1 teaspoon salt
parsley

Put beef in a heavy saucepan with enough water to cover the meat.

Add salt and the bay leaf.

Bring to a hard boil, then turn down slightly.

Peel carrots, celery, onions and turnips.

Cut in 1 inch pieces.

Wash parsley.

Add all the vegetables and the soup to the meat pot. (Only add more water if needed.)

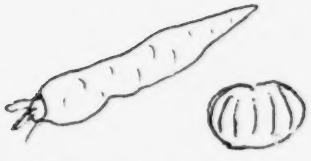
Cook about 30 minutes or until vegetables are soft.

Cut meat into smaller pieces.

Serve.

Made by 4 year olds at Madison Nursery School. Mrs. H. Swartz, teacher.

Vegetable Soup



Tear 5 or 6 sprigs of parsley into bits.

Shell 20 pods of green peas.

Snap 20 green beans into pieces.

Teachers supervise closely

Cut 6 celery stalks into pieces.

Cut 6 carrots (pre-halved lengthwise).

Dice I pre-sliced onion.

Cut up 2 tomatoes (pre-halved).

Dice 4 pre-sliced potatoes.(Children may peelskin from slices easily.)

Teacher may help scrape corn from 2 cobs.

Heat 2 cans of beef bouillon & 2 cans of water.

Add vegetables and simmer 30-40 minutes.

Serves 20-22 children.

Suggestion

Divide children into 3 groups of about 7. Each group, aided by a teacher, may work at a separate table, preparing 3 vegetables. Switch tables to insure each child a chance to help with each vegetable.

Adele Ruppert, Director
Community Nursery School
Roselle Park, N.J.
Children - Age -4 to 5.

PS 005962

GLAZED CARROTS

You need:

2 bunches of small carrots

1 tablespoon lemon juice

1/3 cup honey

1/2 cup orange juice

1 teaspoon salt

2 tablespoons butter or margarine

Directions: Wash and scrape carrots; cut in fourths, lengthwise; place in a shallow baking pan. Cover with lemon juice, orange juice, salt and butter or margarine. Put honey on top of all. Have oven set at 350°. Heat for 15 minutes and turn carrots over with long handled fork. Allow them to remain in oven until tender and glazed; about 20-25 minutes more.

A Sauerkraut Hint

Add 1/2 cup of applesauce (can or jar), to 1 pound if drained sauerkraut and heat to desired temperature. This can be used with a hot frank and roll and is easier for children to eat.

From:
Egenolf Day Nursery
Elizabeth, N. J.

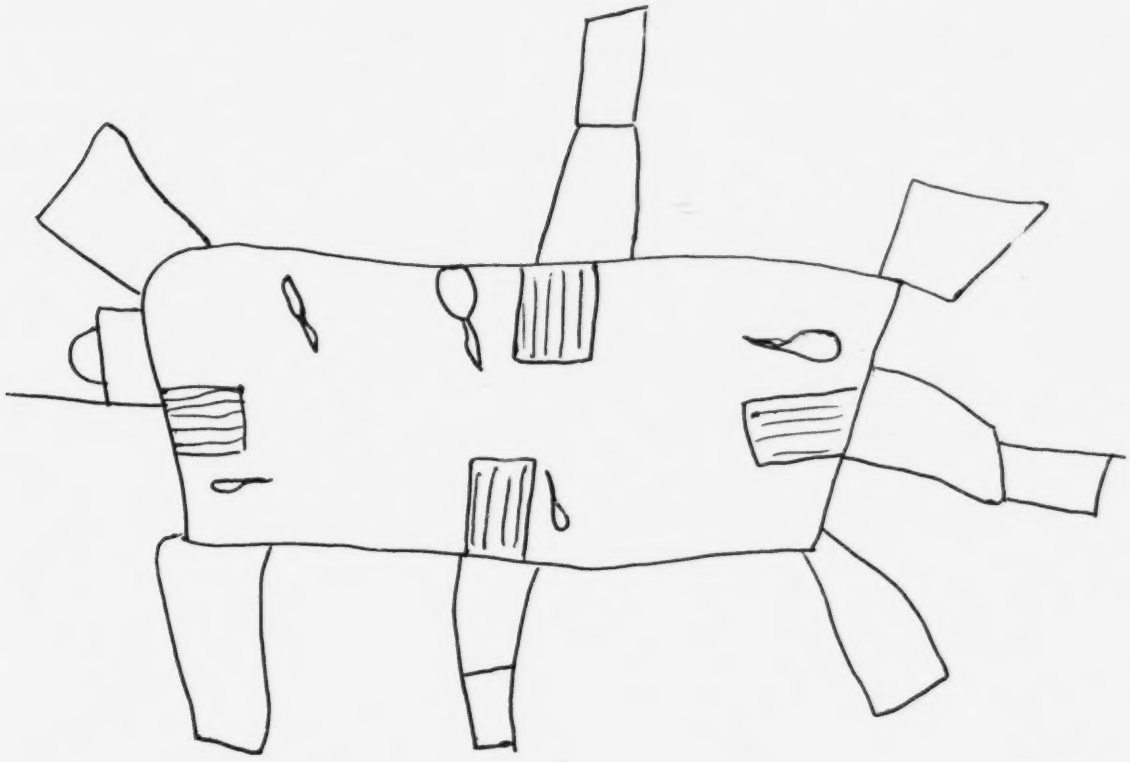
Eleanor Fitzgerald, Dir.
Children: 3 to 5 years

TURNIP GREENS

In spring, about May, buy a package of turnip green seeds. Plant with the children. By early July the plants will be mature. Pick and wash. Break up and place in a pot with 1 cup of water, salt, pepper, and 1 strip of bacon. Cook with pot covered for about 1 hour on medium heat.

June Strickland
Follow Through Program
Huntsville, Alabama

Contributed by Florence Foster
Head Start/Follow Through
Bank Street College of Education



I like to set the table for lunch.

"LUNCHTIME" by a Follow Through Child
Elmira, New York Follow Through Program

Bank Street College of Education, Model Sponsor

8

PIGS IN BLANKETS

Use prepared biscuits from cylindrical cans.

Roll thin enough to make two or four "pigs" from each piece.

Use canned Vienna sausages or party franks and wrap pieces of biscuit around frank. Skewer with toothpick through the middle and bake on cookie sheets 8-10 minutes at 400° F. Use a rotisserie or similar oven and watch them color and rise as they bake.

Dorothy Burns
New Brunswick

Baby Meat Loaves

1 lb. ground beef

1 cup quick oats of

1 teaspoon salt of

¼ teaspoon pepper of

½ medium onion

½ cup milk of

COMBINE all ingredients. MIX well. SHAPE into small loaves.

PLACE on a greased baking pan. BAKE at 350° F. for about one hour.

(OR turn into a well-greased loaf pan and bake at 350° F. for one hour.)

Florence P. Foster
Bank Street College of Education

ST. ANDREW'S NURSERY SCHOOL

419 SOUTH STREET
MURRAY HILL, N. J.

DIRECTRESS
JOAN F. MONGIOI

TELEPHONE
464-4875

MULLIGAN STEW

In small amount of hot fat in heavy frying pan, brown 1 pound stew meat, cut in small pieces.

Add - 1 teaspoon salt.

Stir in - one can condensed tomato soup and one can water.

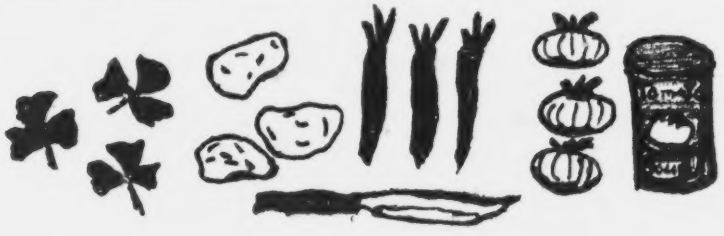
Cover tightly and let cook slowly until tender (about 1 1/2 hrs.).

When meat is tender, add three carrots, cut in thick slices;

three potatoes, quartered;

three onions, halved.

Continue cooking slowly about 30 minutes. If there is not enough juice, add water during cooking. If too thin take off lid and cook sauce until thickened.



Joan F Mongioi, Director
St. Andrew's Nursery School
4 yr. olds

PIZZA

Put pizza flour mix in

Add ½ water.

Stir well.

Cover bowl

Let stand for 5 minutes.

Spread dough in

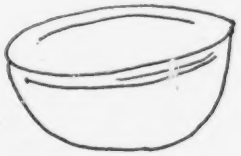
Pour pizza sauce over it.

Put cheese on.

Bake 16 - 20 minutes.

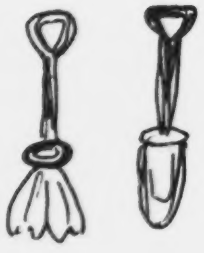
Bank Street College of Education
School for Children

Easy Cheese and Noodle Omelet



8 Eggs
1 Teaspoon salt
1/8 Teaspoon pepper
2 Cups Cooked noodles
1 Cup shredded Cheese
2 Tablespoons Chopped Green pepper
1 Table spoon pimiento
2 tablespoons margarine - melted

Beat eggs in a bowl with salt and pepper. Stir in noodles, cheese, green peppers and pimiento. In a skillet - melt margarine and pour in egg mixture. Cover and cook over medium heat about 20 minutes. Do not stir. Cut in wedges and remove from skillet and serve immediately. Serves 12 children.



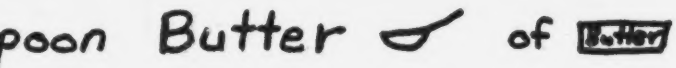
Ruth Horbatuck
Wee Folks Nursery School
Short Hills

SCRAMBLED EGGS

4 Eggs

Salt and Pepper (a Little)

4 Tablespoons Milk

1 Tablespoon Butter 

1. Break eggs into a small mixing bowl and beat with a fork.

2. Add salt, pepper and milk and stir.

3. Heat butter in frying pan until bubbling and pour in egg mixture.

4. Cook slowly over low flame, stirring until eggs hold together.

"This receipe has been prepared at home by keith mason (age 8 years) and karen mason (age 5 years). keith reads the directions to karen, and both children share in the making and cooking of it. A favorite supper to make for Daddy."

Joan Mason

MATZOH BREI

6 Eggs

6 Matzohs

Scramble eggs. Dip matzohs in a bowl of water until they are soft. Then break matzohs into the scrambled eggs. Fry them in a pan in the same manner that you would regular scrambled eggs. This can be served plain or topped with salt, sugar, or jelly.

Serves approximately 12.

Ruth Burkhoff Teacher-Director
Busy Bee Nursery School
3-5 Year Old Children

SCRAMBLED EGGS

Break eggs into mixing bowl. (Allow 1 egg per child.)

Add 1 tablespoon milk and dash of salt for each egg.

Beat eggs.

Have butter melted in a skillet over low heat. (1/2 tablespoon per egg).

Pour egg mixture into the skillet and cook slowly.

Begin stirring mixture as it hardens.

Stir until desired firmness is reached.

Jackie Brown
State Department of Education

WALKING SALAD FOR ONE.

1 Apple

2 tablespoons of cottage or cream cheese.

5 or 6 raisins

2 or 3 nuts, chopped

1 teaspoon mayonnaise.

Directions.

1. Cut the top off the apple.
2. Core it almost all the way through.
3. Scoop out the pulp of apple and chop it up with cheese, raisins and nuts.
4. Mix with mayonnaise.
5. Stuff the mixture into the apple shell and put the top on it.

submitted by Colchie School

Jacqueline S. Spitz
Director.

Tossed Vegetable Salad

1 Head lettuce
2 or 3 Carrots
1 Cucumber
2 or 3 Tomatoes
1 Pepper
3 or 4 pieces of celery
1 or 2 Small white onions

Let children wash all vegetables in cold water and dry with paper towels.

Scrap carrots, Cucumber, and Pepper with vegetable scraper or bottle tops. With teacher helping, cut carrots, Cucumber tomatoes, pepper, celery into small pieces. Remove skin and cut onion into small pieces. Pull lettuce leaves apart break into small pieces and combine all vegetables in large salad bowl. (Above preparation should take place on table covered with oilcloth or foil paper) Let children mix the combined vegetables with their hands. Place small portions in paper cups and let children add french dressing, oil and vinegar or mayonnaise. Serve with saltines or Ritz Crackers.

Flora Lally Boylan Kdgn 5 and 6 yr olds New Brunswick N.J.

GIRL SCOUT CABBAGE SALAD

You need:

- 3 tart apples
- 4 cups of shredded cabbage (use large cut on grater)
- 2/3 cups salad dressing
- 1 teaspoon salt
- 1 pinch cayenne pepper
- 1/2 cup small raisins

Directions: Wash, peel (introduce peeler), cube apples and mix these immediately with a little of the dressing to prevent the apples from turning brown. Add remaining salad dressing, salt and pepper to the cabbage mixture, then add the raisins that have been soaking in water (put raisins in a strainer to remove water). Place the salad in a bowl and put in the refrigerator until ready to serve. This makes 6 generous portions or 12 portions for little children.

The apples can be felt, smelled and talked about before using.

A solid head of cabbage should be chosen and the outer dark green leaves removed. This can be touched before washing.

From:
The Egenolf Day Nursery
Elizabeth, N. J.

Eleanor Fitzgerald, Dir.
Children: 3 to 5 years

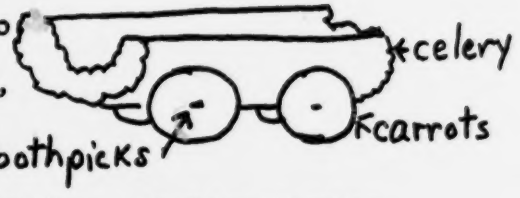
A Recipe for Good Nutrition

With our class of fifteen four-year-olds, which meets three times a week, we plan and prepare three mini-meals to eat at snack time in mid-morning during our school days one week. The children enjoy learning a few facts about good nutrition, and love to help prepare and to eat their pretend "breakfast," "lunch" and "dinner." Portions served, of course, are small. For example:

Breakfast:	Orange sections Scrambled eggs Toast quarters Milk
Lunch:	Peanut butter and jelly sandwiches Celery and carrot carts* Milk
Dinner:	Pigs in blankets* Fresh cucumber slices Fruit jello Milk

* Celery and carrot carts

Slice carrots in coin-shaped pieces. Cut pieces from larger stalks of celery about two to three inches long. Let the children construct carts by attaching carrot pieces to celery with toothpicks--the cart really goes! (Thanks to Janet Boone, Somerset County Day Care Center, for this suggestion).



* Pigs in blankets

Roll refrigerator biscuits flat, wrap around cocktail-size frankfurters and bake as directed on biscuit package.

Submitted by: Barbara Davies
Nancy Whitehouse

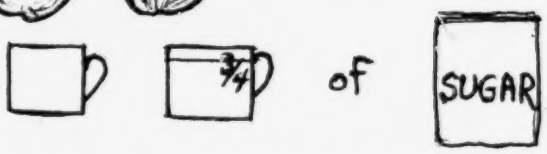
North Branch Reformed Church Nursery School

CRANBERRY RELISH

4 cups cranberries

2 oranges (seedless)

2 apples

1-3/4 cups sugar 

Wash cranberries, oranges and apples.

Cut apples in quarters.

Take out core carefully.

Cut oranges in quarters.

Put cranberries, oranges and apples in food grinder.

Add sugar to ground fruits and mix well.

Fill clean jars and store in refrigerator.

Frances Smith,
Director
Summit Child
Care Center

Pumpkin Seeds

Our four-year-olds love to help to carve our Halloween jack-o-lantern. We first draw his face with a marking pen, then carve. All seeds are removed from the pumpkin, and then washed by the children. The seeds are spread on paper towels to dry. After they are thoroughly dry, place on a cookie sheet and dot with margarine. Bake at 350 degrees for approximatxly 10-15 minutes. Stir often with a wooden spoon. Salt to taste. If an oven is not available, an electric frying pan may be substituted.

Lois Horn, Director
Village Nursery School
Brookside, New Jersey

Celery Stuffed With Peanut Butter
Carrot Sticks

Wash celery, cut into small pieces, stuff with peanut butter.

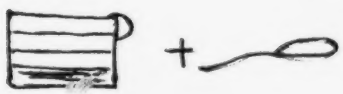
Clean carrot strips by scraping with the edge of soda bottle caps. Cut into small pieces, wash and soak in cold water.

Janice Glenfield, teacher of four year olds, Second Reformed Church Nursery School, Somerville, New Jersey.

CRANBERRY ORANGE RELISH

1 cup cranberries

¼ orange

¼ cup + 1 tablespoon sugar 

Wash cranberries and orange.

Quarter orange.

Put ¼ orange (including rind) and cranberries through meat grinder.

Add sugar and mix thoroughly.

Alice Moore, Director
Wesley Hall Nursery School
Westfield, New Jersey

PUMPKIN SEEDS

To be used in conjunction with Jack-O-Lantern project...

Rinse pulp from seeds in a colander. Spread on aluminum-foil-lined cookie sheet. Salt heavily (or soak in heavily salted water for 20 minutes.)

Bake in 400° oven for 8-10 minutes.

Jane Sherman
Director: Morris Plains Cooperative Playschool
Ages: 3-5

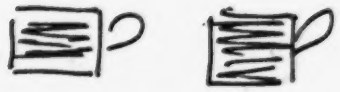
CRANBERRY AND ORANGE RELISH

2 cups raw cranberries
1 orange
¾ cup sugar

Wash cranberries. Cut orange into quarters. Put through a food mill. Add sugar. (We send this home in baby-food jars with each child at Thanksgiving time.)

Myrna Klein - Teacher
Morris Plains Cooperative Playschool - Ages 3-5.

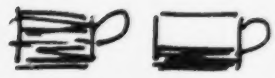
CRANBERRY RELISH

2 cups cranberries 

1 pared cored apple

1 orange

½ lemon

1¼ cups granulated sugar 

Put cranberries through food chopper.

Put pared cored apple, quartered orange, lemon through food chopper.

Add granulated sugar.

Stir.

Chill.

Put cranberry relish in baby food jars.

Holy Cross Nursery School
North Plainfield, N.J.

Children: 3-4-5 years.

Cheese Dip

1 cup creamed cottage cheese
3/4 cup commercial sour cream
2 envelopes George Washington's
Rich Brown Seasoning

Stir cottage cheese with sour cream.
Stir in seasoning. Mix well. Chill.

Let children spread on all types
of crackers and bread. Use rye,
pumpernickel, challah, etc.

Shirley Levine
Teacher
Plainfield Preschool Program
age of children - 4

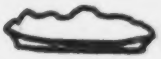
Blender Tuna Spread

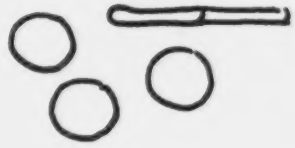
1 cup cut-up celery
2 tbsp. parsley clusters
1 7 oz. can tuna, drained
1 tbsp. lemon juice
dash pepper
⅓ cup mayonnaise
2 hard cooked eggs, quartered

Combine all ingredients except eggs in Blender jar. Cover. Blend at "LO" one minute until finely chopped, stopping Blender 2 or 3 times to scrape down sides of jar. Add eggs and blend 10 seconds until chopped.
Yield: 2 cups
Put out crackers of various shapes and let the children have a grand time spreading and eating to their heart's content. Make this recipe twice if your group is large and hungry. Shirley Levine

Peanut Butter

1 Package of peanuts in shells





The children will have a good time shelling the peanuts. Put nuts into the blender and liquefy, stirring as necessary, until spreading consistancy. Notice that the oil in the nuts is all that is needed to make it soft. Spread on crackers for a snack.

Jane Rodiiner
Teacher - Director
Florham Park Coop
4 year old class

Kathy Muller, Director
Creative Nursery School
Highland Park, New Jersey

GRAPE JELLY

3 1/4 c. sugar
3/4 c. (6 oz. can) frozen concentrated grape juice
1 1/2 c. water
1/2 bottle certo fruit Pectin

Measure sugar & water into a large saucepan. Mix well. Place over high heat; bring to a full rolling boil & boil hard 1 minute stirring constantly. Remove from heat & stir in thawed juice. Add certo, mix well and pour quickly into glasses. Paraffin at once or for short storage, cover and keep in refrigerator.

yield: 6 medium glasses.

Peanut Butter

1 Bag peanuts

1 teaspoon oil

Shell peanuts.

Remove red skins.

Put in blender with oil.

Blend until desired consistency.

P.S. Save peanut shells for collage and stringing.

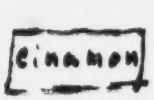
Mrs. Jaclyn Spinner
Head Teacher - P.M. Class
Temple Beth El Nursery School
3 and 4 year olds.

Passover Treat
Haroset

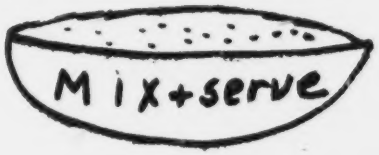
3 medium apples
peel and grate

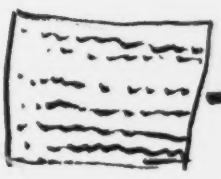
sugar $\frac{1}{4}$ cup

nuts $\frac{1}{2}$ cup
finely grated



$\frac{1}{2}$ teaspoon



 Matzah

Ruth Bickhardt
Raritan Valley
Pre-School Center

BUTTER MAKING

MATERIAL NEEDED:

1. Heavy cream
2. Baby food jars
3. Rubber scraper
4. Fine sieve
5. Bowl
6. Plastic knives

PROCEDURE:

1. Pour cream into containers; close tightly.
2. Children shake container, taking turns of 10 shakes apiece, if not enough jars.

When butter forms, separate from whey by pouring through sieve. Use rubber scraper to pat butter in sieve together. Children may want to taste remaining buttermilk. When small containers are used, the procedure takes about 10 minutes. Larger containers take longer. An electric mixer could be used with one group and a rotary beater with another. Compare length of time required.

We make butter at Passover time, and allow the children to spread their butter on matzos, using plastic knives.

THE STORY OF PASSOVER

Many years ago in a land called Egypt there lived a mean king, named Pharoh. He had slaves working for him, and he was very mean and cruel to them. One of the slaves was Moses, and he was the leader of the people of Israel, called Hebrews. He tried to free his people from the mean Pharoh.

Moses went with his brother Aaron to the Pharoh this many times (hold up 10 fingers) and asked him to let the Hebrews go free. But 10 times he said, "NO." Each time the king said no, something very bad happened to the king's people. Everyone in Egypt was harmed by the bad things, except the slaves from Israel. The bad plagues would pass over their houses, and they were not harmed.

After he asked 10 times, Moses was sad. He thought that the Pharoh would never let his people go. And then one day he was surprised. The bad king sent for Moses and Aaron. He told them to take the people of Israel away before more bad things happened to the Egyptians.

Moses and Aaron joyfully told the Hebrews to pack their things very quickly. They all took just a few belongings and happily marched out of Egypt. They sang as they marched because they were so happy. But suddenly they saw a cloud of dust, and heard the soldiers coming after them. The mean Pharoh had changed his mind. He told his men to bring the Hebrews back to Egypt.

Moses and his people hurried on, but the soldiers were getting very close. Then they came to water, and they could go no further. The soldiers would catch them. But no... something wonderful happened.

As they went into the low waves, the water did not get deep. A great wind blew the water to the right and to the left. In the middle was a path of dry land. Moses led the people down the path to safety. Then the wind stopped blowing, and the soldiers were caught in the water. Moses and his people were free. They would never have to be slaves for the Pharoh again. How happy they were, and what lovely songs they sang. They all remembered to say a prayer of thanks for their safe journey out of Egypt.

Each year at this time Jewish people remember when Moses led the people away from the mean Pharoh. The Feast of Passover lasts for eight days, beginning with the Seser, a dinner when the story of Passover is read and special foods are eaten.

One of the special foods is matzos. Before the Hebrews left Egypt, they all started to make bread for the long trip. But they had to leave in such a hurry that there was no time to bake real bread. (You may show a loaf of unsliced bakery bread.) They took the bread dough with them, and they shaped it into flat cakes as they were marching. They baked the flat cakes in the hot sun, and it looked something like this. (Show matzos.) Today we are going to make some delicious butter to eat with our matzos at juice time.

*****Our pre-kindergarten children enjoy the story very much. It was written when one of our Jewish mothers brought in some matzos for her son's class, and I could not find a suitable story of Passover to tell to four year olds. Mothers and teachers enjoyed doing the research, and the story is the result of our combined efforts.

Lois Horn, Director
Village Nursery School
Brookside, New Jersey

THE CREAM THAT WOULDN'T

Have you ever tried to whip cream that wouldn't? It can happen to a teacher too, you know.

One afternoon the teachers at Harrington School had planned to make butter with the children. They dutifully put the cream in an old-fashioned butter churn and were ready to begin. Children took turns turning the handle for at least 40 minutes without success and began thinking, "To be, or not to be, that is the question." The next day the experiment was set up again. This time the cream was refrigerated right up until it was used, and it turned to butter quite rapidly. Crackers were served with the homemade butter, and the children enjoyed the snack tremendously.

Follow Through Newsletter No. 3 Bank Street College of
Cambridge, Massachusetts Education, Model Sponsor

MUFFINS

½ flour

1 teaspoon baking powder

1 tablespoon sugar

1 egg

6 tablespoons milk

3 tablespoons oil

Bake 15 to 20 minutes at 425°

Bank Street College of Education
School for Children

HOMEMADE ROLLS

THESE ROLLS ARE SCRUPMTIOUS !!! THEY ARE WILL WORTH THE EFFORT.

2 Cups MILK

1/2 cup (1 stick) BUTTER

2 tablespoons and 2 teaspoons SUGAR

1½ teaspoons SALT

1 yeast cake or 1 envelop granulated yeast

5 to 5½ cups sifted FLOUR

1 EGG

Heat the mild very hot, but do not boil. Remove from heat, stir in 1/4 bup butter (i/2 stick), 2 tablespoons sugar, and 1½ teaspoons salt. Let cool until lukewarm.

Dissolve yeast as directed on package. Add this, with 5 to 5½ cups sifted flour, to milk and sugar mixture. Beat very roughly. You can use electric mixer or it can be mixed by hand with a wooden spoon. Grease large bowl with butter (the bowl must be large enough to allow dough to rise to double its size). Place dough in the bowl and cover with a clean, damp dish towel. Set the bowl in a warm place and let the dough rise to double its size overnight at room temperature.

WARNING: Do not put the dough in too warm a place or it will rise too fast.

NEXT DAY: Cut the dough down with a dull knife several times Beat in the egg and remaining 2 teaspoons sugar. Knead the dough by lifting it up, folding it over and pressing it down with the heel of your hand, then repeat. As soon as it stops sticking to the sides of the bowl, remove it to a floured board and knead it again and again until it is smooth and elastic and doesn't stick to the board even when there is not much flour under it.

Put the dough back into a large, greased bowl. Turn it once, brush top with melted butter, and cover it with a damp dish towel. Let it rise until it is again double in bulk. This second rising should take about 1 hour.

— CONTINUED

HOMEMADE ROLLS, continued

When the dough has properly risen the second time, turn it out onto a floured board, knead a couple of times, and shape into rolls. Children make their own individually shaped rolls OR they can drop three tiny balls close together in muffin tins and have cloverleaf rolls. OR they can cut them out with a biscuit cutter, crease them with the flat side of a knife, fold one side over half the other and have Parker House rolls. OR they can roll the dough into long skinny strips and twist one strip over the other into a simple braid. OR each child can make his own small loaf of bread.

In each case, brush the tops with melted butter and, with the Parker House rolls or the twisted loaves of bread, brush the tops with the yolk of an egg. Cover the rolls with a cloth and something heavy, such as a large magazine, and let rise for about one hour. Bake in a hot oven (425 F.) for 10-15 minutes or until nicely browned. The loaves of bread will take a little longer.

NOTE: If you cannot cope with the three risings suggested in this recipe, two will do. Simply eliminate the process of dividing the additions of flour and egg and sugar into two. Add these all at once.

Poppy seeds, kimmel or caraway seeds may be sprinkled on top of the rolls.

Alberta Hauser, Teacher
Cooperative Nursery Center of
the Unitarian Church of Summit

HALLOWEEN TREATS: DOUGHNUTS

Separate Pillsbury Refrigerated Buttermilk Biscuits. Cut center out of biscuit with a thimble. Preheat electric frying pan (375° F.) with cooking oil about 2" deep. When hot, drop in doughnuts and fry on both sides until brown, about 3 minutes on each side. Remove from frying pan and drain on paper towels. Let children shake the doughnuts in a paper bag with confectionery sugar or granulated sugar and cinnamon. This procedure is safe to do with children close to the pan because the grease does not spatter.

Lois Horn Director
Village Nursery School
Brookside, New Jersey

EASY TOAST TREAT

Blend 1 tablespoon soft margarine and 3 tablespoons sifted confectioners' sugar. Grate orange rind. Add 1 teaspoon grated rind and 1 teaspoon orange juice to the sugar and margarine. Spread on warm toast. Cut toast in triangles or ribbon strips. Eat and enjoy.

BISCUITS 'N BUTTER

2 cups flour
2 tbls. butter
2/3 cup milk (and 2 tbls. if needed.)
2 tsp. baking powder
1 tsp. salt

Rub butter into flour, baking powder, and salt mixture with finger tips, giving each child a turn. Add milk; stir; mixture will be stiff. Divide dough so each child can roll some into a ball. Flatten on a cookie sheet. Bake at 425° for 8-10 minutes.

BUTTER

Shake ½ pint of heavy cream in a jar tightly capped. Add salt if desired. Sample buttermilk in paper cups. Spread on hot biscuits when thick enough.

Lois Roberts- Teacher
Morris Plains Cooperative Playschool Ages 3-5

PUMPKIN BREAD

This is the favorite recipe of Joan Leach's kindergarteners in Lafayette, Colorado, as it appeared in the "Follow Through News Release", February 1971. Bank Street College of Education is the Model Sponsor.

Cream:

1 (cup) shortening

2-3/4 (cups) sugar

3 eggs

2 (cups) pumpkin

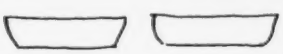
Let stand while sifting:

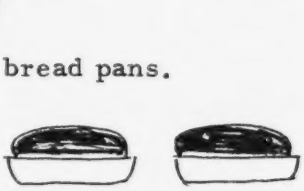
3-1/2 (cups) flour

1/2 (teaspoon) baking powder

1 (teaspoon) each of soda, cloves, nutmeg, allspice, cinnamon, and salt

Mix well and add 3/4 (cup) nuts, chopped.

Put in 2  bread pans.

Bake at 325° F. for 1 hour. 

Contributed by Florence Foster
Head Start/ Follow Through Program
Bank Street College of Education

GOLDEN CORN BREAD

1 cup yellow corn meal
1 cup sifted all-purpose flour
1/4 cup sugar
1 cup milk
1/4 cup shortening, soft
4 teaspoons baking powder
1/2 teaspoon salt
1 egg

Sift together corn meal, flour, sugar, baking powder and salt in a bowl. Add egg, milk and shortening. Beat with a rotary beater until smooth, about 1 minute. Bake in greased 8-inch square baking pan in pre-heated hot oven (425° F) for 20-25 minutes.

I use this recipe in November when we are talking about the harvest.

Janice Glenfield, Teacher of Four Year Olds
Second Reformed Church Nursery School, Somerville

SWEET MILK WAFFLES

2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
3 eggs (separated)
1-1/4 cups sweet milk
1/3 cup melted shortening
2 teaspoons sugar

Sift flour twice with baking powder and salt.
Beat egg yolks.
Add milk and melted shortening to yolks.
Stir into flour mixture and beat.
Beat egg whites.
Add sugar in 2 portions and continue to beat.
Bake in hot waffle iron.
Use 1/2 cup batter for each waffle.
Makes 6 waffles.

Jackie Brown
State Department of Education

A Recipe for Teachers and the 3 and 4 year old children

Temple Nursery School
Mrs. H. Blaine director

Highland Park, N.J.
Mrs. H. Julius
Head Teacher

Matzo Meal Pancakes for Passover

3 eggs
½ cup Matzoh Meal
½ cup Cold Water
½ tsp. salt
1 stick margerine to grease the griddle

In a mixing bowl
Separate egg yolks from the white of egg

Beat the egg yolks very lightly

Add the Matzoh Meal and water and salt alternately- mix well

Beat Eggs White stiftly

Fold stiff whites into mixtures

Drpo by Teaspoonful on a Hot greased griddle.

Turn when golden Brown

Serves about 15 children

Serve with Sour Cream or Sugar or Jelly or Applesauce

Farmer's Wheat Pancakes.

Children learn about the wheat the farmer grows, but see little relationship between it and the bread or pancakes that we tell them are made from wheat. This recipe helps make that relationship real.

Math is used as they measure the ingredients.
Safety is demonstrated in the use of the frypan.
Science is incorporated as they see a liquid changed into a solid.

Equipment - Blender, 2 cups of unmilled wheat grain purchased at a health food store, electric frypan or hotplate and griddle.

RECIPE

2 cups flour
3 tsp baking powder
½ tsp salt
1 Tbs sugar
1 egg well beaten
1½ cups milk
2 Tbs salad oil

Spread wheat on tray and remove hulls and unwanted particles. Pulverize in blender. Sift to remove course particles. Measure and sift dry ingredients in a bowl.. Add egg, milk and oil. Beat only until smooth. Bake small pancakes on lightly greased frypan or griddle. Serve with jam. Eat with fingers - mmm. Makes 36

From the Presbyterian Weekday Nursery School, Cranford
Used with four year olds by Mrs E.L. Wells

POTATO PANCAKES

WHY POTATO PANCAKES? This activity is one which affords us the opportunity to involve mothers in the program, because they are really needed to make the project go smoothly. It is also a nice follow-up to a trip to a nearby vegetable farm or an appropiate project at Channukkah time.

A brief discussion could be held on our visit to the farm (where and how potatoes grow and what can be made from them) and/or the custom of Jewish people making potato pancakes or latkes as they are often called at holiday time. We asked six mothers to come and help for the day.

WHAT WE NEED: The Receipe, based on a class of 16 children, requires each child to bring a medium-sized potato which they have peeled and rinsed and kept refridgerated in water overnight.

Call two mothers and ask them if they would each bring a large bowl, fine grater and large mixing spoon and stay to use them. If they are hesitant, reassure them that you will help. Ask two others to come in with electric frying pans, pancake turners and cooking oil - Wesson or Crisco - to help fry the pancakes.

Applesauce is a nice substitute for juice and is good accompaniment for potato pancakes. Call two mothers and ask them to bring two chilled jars and enough plastic spoons for all.

NOW WE GET READY: Assemble the following at each of two work areas:

1 Mother with her bowl, grater, spoon and any eager pancake makers
8 Medium potatoes
2 Peeled medium onions
2 Slightly beaten eggs
4 Tablespoons fine bread crumbs
2 Teaspoons salt and ½ teaspoon pepper

The school will supply the last four items

Now we help the children grate potatoes with fine grater and when they are all done, drain off the liquid that collects in the bowl and explain that it is juice from the potatoes which will make the pancakes too wet to fry. Next grate onions into the potatoes and mix in the eggs, crumbs, salt and pepper.

MEANWHILE: Two mothers are heating the oil for the pancakes. Two others are portioning out applesauce and setting the table with the help of some children.

NOW WE COOK: The cooks spoon the mixture into the waiting frying pans and fry gently, turning after one side browns. Add additional fat and continue frying until all the mixture is used. Serve and watch the faces as they discover a new taste. There should be ample to sample and some to take home to daddy. (these reheat nicely in the oven at 350° for about seven minutes)

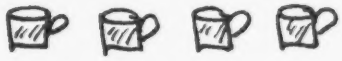
Now don't tell us that we could have used the mix! It wouldn't be half the fun and you know it.

Ess Ess Kinder!

Valerie Gale (Mrs. Roger S.)
Director
Kent Place Nursery School
Summit, New Jersey

IRISH SODA BREAD

simple — delicious — delights children

4 cups flour _____ 

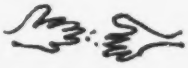
1 cup raisins _____

1 tbl. caraway seeds ___

1 cup sugar _____

1 egg _____

5 tsp. baking powder ___

pinch baking soda _____ 

milk

Submitted by BLANCHE DORSKY
Teacher-Director
Unitarian Co-op Nursery
Summit, New Jersey

Mix all ingredients together

Add enough milk to make dough malleable

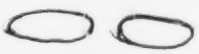
Lightly butter 9 inch heavy skillet

Pour in dough

Bake at 325° for 1 hr. 15 min.

Brush top of bread with melted butter after 45 min.

FRENCH TOAST

2 eggs 

1/4 cup milk

3 slices bread

1/4 cup oil

Beat eggs and milk together.

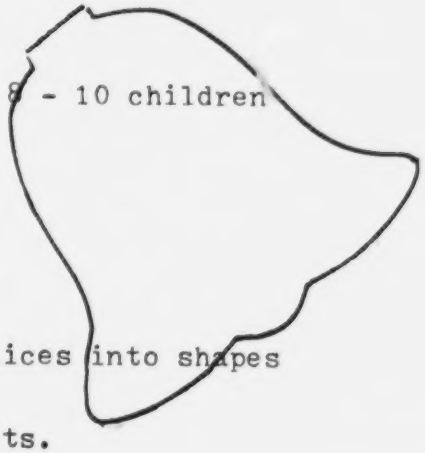
Dip Bread into milk, egg mixture.

Fry in oil until brown on both sides.

Serve with cinnamon and sugar or butter.

Barbara Shulas
Pre-Kindergarten Aide
Washington School
New Brunswick

Cinnamon Toast Originals



1 large loaf sliced white bread for 8 - 10 children

cookie cutters

1/4 lb. butter melted

cinnamon and sugar mixed in shakers

Allow boys and girls to cut bread slices into shapes with cookie cutters.

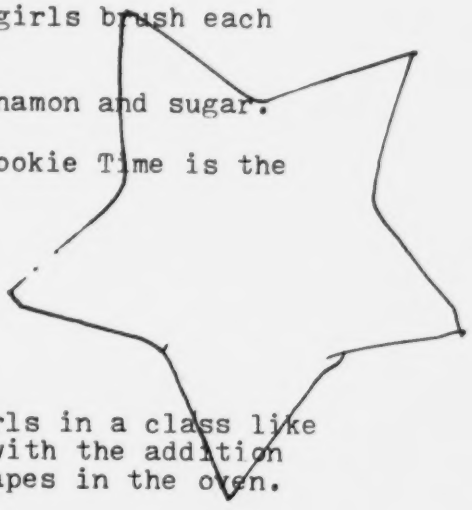
Place on lightly greased cookie sheets.

Brown bread lightly in broiler or oven.

With pastry brushes have boys and girls brush each shape with melted butter.

Immediately have them shake on cinnamon and sugar.

A delightful snack for Juice and Cookie Time is the result.

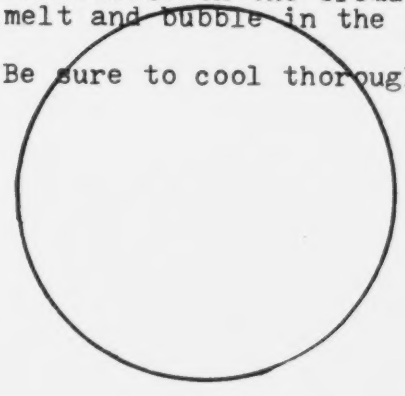


Cheese Toast Snacks

If the majority of the boys and girls in a class like cheese the above idea can be used with the addition of grated cheese before placing shapes in the oven.

Given lagge enough pieces of cheese four year olds are able to use a grater carefully. They then place the cheese on the bread shapes and enjoy watching it melt and bubble in the oven.

Be sure to cool thoroughly beofre eating.



ELIZABETH MAY NURSERY SCHOOL
three and four year olds

Dorothy Clark
Virginia Case
Betty Nelson

MUFFIN PIZZAS

English muffins-cut in half

Tomato sauce

Mozerella or American Cheese

Parmesan Cheese

Top each half muffin with approximately 2 teaspoons tomato sauce, ½ slice of cheese, and sprinkle with parmesan. Bake in oven for 15 to 20 minutes, or until cheese melts. Oven should be preheated to 350°.

CINNAMON TOAST

Spread butter on a white bread slice. Top with sugar and cinnamon. Bake in a 300° oven about 15 minutes.

Ruth Burkhoff, Teacher-Director
Busy Bee Nursery School
3-5 year old children

FOR PASSOVER... TRY

CHAROSES

A Passover Seder Symbol.

1 cup chopped apples
1/4 cup chopped nuts
1 tsp. cinnamon
about 2 tbls. grape juice (in lieu of wine)

Mix all ingredients... after chopping. Add enough grape juice to bind the mixture and serve on top of matzoh.

MACROONS

4 egg whites
3/4 cup sugar
2 tsp. flour (for Passover, use 1 1/2 tsp. matzoh meal and 1 1/2 tsp. potato starch.)
1 cup coconut
1 1/2 tsp. lemon juice

Beat egg whites and sugar. Add remaining ingredients. Put in cupcake papers and bake until brown (about 20 minutes.) - Myrna Klein - Teacher Morris Plains Cooperative Playschool. Ages 3-5.

RAISIN ROOKIES

Sift first 3 ingredients together and Mix with Raisins.

Gradually add the Sugar to the eggs which have beaten to light and lemon yellow in color.

Add the butter and vanilla and beat until light.

Fold in the Flour.

Drop by small spoonfuls and

Bake at 400° for 12 to 15 minutes.

-Geraldine Nursery School

illustrations by Darin Pinto, age 5

COME HALLOWEEN, USE THAT PUMPKIN !----after toasting the seeds with margarine and salt, now show the value of the rest by making three dozen

PUMPKIN COOKIES

(400deg. 12-15 min.)

3/4 C. brown sugar (firmly packed)

1/4 C. margarine

1 egg

3/4 C. plus 2 T. cooked pumpkin (from fresh pumpkin)

1 1/4 C. plus 2 T. sifted flour

1 1/2 t. Baking Powder 1/8 t. ginger, 1/4 t. nutmeg, 1/2 t. cinnamon, 1/4 t. salt, 1/2 C raisins, 1/2 C. ch'd pecans.

Mix sugar, margarine, egg, pumpkin. thoroughly. Add dry ingredients, blend. Add raisins and pecans-mix. Drop by teaspoon on UNGREASED cookie sheet. Bake until lightly browned.
(Well-tested at THE HARTMANN NURSERY AND KINDERGARTEN.)

Cornflake Cookies

(easy enough for three-year olds)

1 package (6 oz.) butterscotch morsels

3 level tablespoons peanut butter

2 cups Corn Flakes
(crush with hands* – DO NOT crush finely)

Melt butterscotch and peanut butter in double boiler — add crumbs. Drop onto greased cookie sheet. Makes 28-36 cookies. Leave in cool place to set. Refrigerate in summer.

* The children can all participate if they are given sandwich bags partially filled with Corn Flakes. They can then crush them without any help.

Sharon Block
Temple Beth El Nursery School
Head Teacher (A.M.)

Peanut Butter Cookies

Oven temperature: 350°

½ cup butter
½ cup crunchy or regular peanut butter.
1 egg
1 cup flour
½ cup white sugar
½ cup brown sugar
½ tsp. vanilla
½ tsp. soda
½ tsp. salt

Cream butters using electric mixer. Beat in sugars. add other ingredients and more flour if needed to make mixture stiff enough for drop cookies. Divide dough so children can roll into balls. Place on cookie sheet and press flat with fork like

Jane Sherman- Director
Morris Plains Cooperative Playschool, N.J.
Ages 3-5.

Peanut Blossoms

1 3/4 cups flour
1 teaspoon soda
½ teaspoon salt
½ cup sugar
½ cup firmly packed brown sugar
½ cup shortening
½ cup peanut butter
1 egg
2 tablespoons milk
1 teaspoon vanilla extract
48 milk chocolate candy Kisses

Combine all ingredients except candy kisses in large mixer bowl. Mix on lowest speed of mixer until dough forms. Shape dough into balls, using a rounded teaspoonful for each. Roll balls in sugar. Place on ungreased cookie sheets. Bake at 375° for 10 to 12 minutes. Top each cookie immediately with a candy kiss; press down firmly so cookie cracks around edge. Yield: 48 cookies.

The children especially enjoy rolling the balls, dipping the balls in sugar, and putting the candy kisses in place.

A Pillsbury Bake-off prizewinner that is a favorite at North Branch Reformed Church Nursery School (ages 3-5).

Glenna B. McKnight
Director

Christmas Thumbprint Cookies

½ Cup soft butter

1 Cup brown sugar, packed

1 egg

1 Tablespoon milk

2 Cups sifted flour

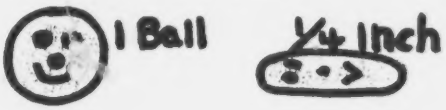
2 teaspoons baking powder

¼ teaspoon salt

½ teaspoon nutmeg

2 Tablespoons green, red sugars

Cream butter; add sugar and egg; beat until light. Add all ingredients except colored sugar; mix well. Shape in 1 inch ball; flatten to ¼ inch thickness. Make a thumbprint in center of each. Fill with colored sugar. Bake in 400 oven 6-8 min. Makes about 4 dozen.



Illustrated by a
Church member

Pluckemin Church Nursery School
Shirley B. Young, Director

GINGERBREAD MAN COOKIES

2/3 cup shortening
1/2 cup of brown sugar
2 teaspoons of ginger
1 teaspoon cinnamon
1/4 teaspoon cloves or allspice
1 1/2 teaspoons salt
1 egg
3/4 cup molasses
3 cups sifted flour
1 teaspoon soda
1/2 teaspoon baking powder

1. Cream together shortening, brown sugar, salt and spices. Add egg and molasses mixture and mox thouroughly

2. Sift together twice— flour, soda and baking powder. Add to the molasses mixture and stir until blended. Chill.

3. Preheat oven to 375° F.

4. Using a third to one quarter of the dough at a time, roll it to one-eighth inch or slightly thicker on a lightly floured board with a rolling pin.

5. Cut with gingerbread man cutter, and put on a greased baking sheet. Before baking, press raisins or chocolate chips into dough for eyes, nose, and buttons on suit. Half slice of candied cherry for mouth.

6. Bake 8 to 10 minutes and cool on rack. You may decorate with icing and then enjoy eating. Yield: 30 cookies.

These cookies were baked by three, four and five year old children at:

The YM- YWHA Nursery School
Green Lane
Union, N.J.

Fanny Wald
Head Teacher - Director

CAKE MIX COOKIES

Christian Nursery School
Scotch Plains Baptist Church

To

1 Cake Mix - any flavor

Add

1 or 2 eggs

+

2 Tablespoons shortening

+

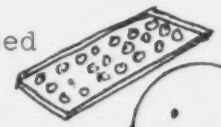
2 Tablespoons water for crisp cookies

or

1/4 cup water for soft cookies

Now add nuts fruits or chips

(We like butterscotch bits best)

Drop by spoonful on greased  cookie sheet

Bake at 375° for 8 to 10 minutes.

Batter can be formed into a roll and chilled, then sliced for refrigerator cookies...or rolled into balls and flattened for decorative cookies.

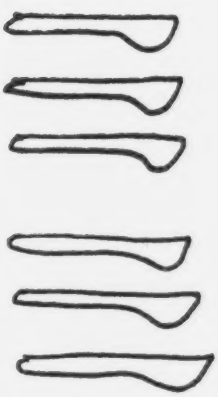
Spirit Balls

Large box Vanilla Wafers

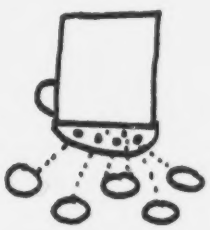
$\frac{3}{4}$ cup walnuts

3 Tablespoons light corn syrup

3 Tablespoons almond flavoring.



Crush vanilla wafers to crumbs.
Shell walnuts
Mix all ingredients.
Shape in balls..
Sprinkle with powdered sugar and serve.



Mrs. Jaclyn Spinner
Head Teacher - P.M. Class
Temple Beth El-Somerville
3 and 4 year olds.

The children of the Temple Emanu-El Nursery School in Westfield like the following recipe because it is foolproof, the dough can be re-frozen, it handles well and cuts out very smoothly:

Honey Cookies

1 cup butter
1/2 cup sugar
4 tablespoons of honey
2 1/2 cups sifted all purpose flour.

Cream butter, sugar, honey. All flour slowly, mix thoroughly.

Chill in refrigerator for 2 hours. Roll out, preferably on waxed paper, to 1/2 inch thickness. Shape with cookie cutter, place on ungreased cookie sheet, bake at 300° for 25 minutes.

Lisbeth Brodie

PUDDING COOKIES

3/4 cup Bisquick

1 pkg. instant pudding

1/4 cup cooking oil

1 egg

1/4 cup chocolate chips, if desired

Vanilla, if desired

Light oven at 350 .

Mix all ingredients together in a bowl. Form little balls of dough, using teaspoon to measure. Place on ungreased cookie sheet 1-1/2 inches apart. Flatten down with fork prongs or fingers. Bake 8 minutes. Makes 2-1/2 dozen.

Dawn Sorrentino, Director
All Saints' Nursery School
Millington Children: 3-5 years

Modeled Gingerbread Men

(about 8 five inch men)

1. Blend until creamy:

¼ cup of butter of

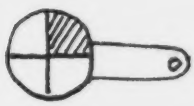
½ cup of white <u>or</u> brown sugar of or

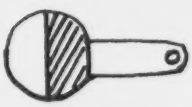
2. Beat in:

½ cup of dark molasses of

3. Sift together:

1 teaspoon of soda of

¼ teaspoon of cloves  of

½ teaspoon of cinnamon  of

1 teaspoon of ginger of

½ teaspoon of salt of

3½ cups of sifted flour

of

4. Preheat oven To 350°

5. Add the sifted ingredients To the beaten ingredients in several parts alternately with:

⅓ cup of water of

(you may have To work in The last of The flour with your hands

6. Coat your hands with flour. Roll dough into balls for head and body and cylinders for arms and legs and press together on a cookie sheet.... Or give children a lump of dough and let Them fashion it as They will.

7. Bake

(To test for doneness, press dough with your finger. When it springs back the gingerbread men are ready to be removed and cooled on a rack.

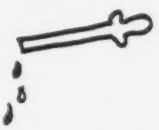
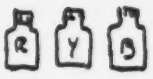
[If you wish to roll the dough and use cutters instead of modeling it ... use $\frac{1}{4}$ cup of water instead of $\frac{1}{2}$ cup. This way makes twice as many cookies]

Icing

1. Mix:

$\frac{1}{4}$ cup of confectioner's sugar of

a few drops of water of

a few drops of food coloring  of 

Esther Toney--Teacher of Four Year Olds
Unitarian Cooperative Nursery Center
2 Whittredge Road, Summit, New Jersey

Chocolate Yummies

1 PKG. (6 oz.) semi-sweet chocolate pieces
1/3 cup margarine
16 large marshmallows
1 cup shredded coconut
2 cups rolled oats

Melt chocolate, margarine, and marshmallows - stir until smooth. Remove from heat. Stir in coconut And oats. Mix thoroughly. Drop by Teaspoonfuls on Waxed paper. Refrigerate.

Makes 3 doz. Yummies.

Raritan Valley
Pre-School Center

B. Birmingham

Oatmeal Cookies

Special Education Classes
East Amwell Public School
Ringoes, New Jersey

Alice Williams, Teacher

Put in bowl:

- 3½ cups oatmeal
- ⅔ cup sugar
- ¼ cup flour
- ½ teaspoon salt
- 1¼ sticks margarine
- 1 teaspoon vanilla

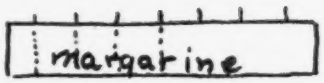
Mix well.

Press dough out flat in well-greased 13" x 9" x 2" pan.

Bake. (May also be shaped into round ball and pressed flat.)

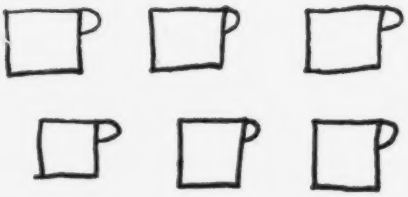
Marshmallow Treats

$\frac{1}{4}$ cup margarine



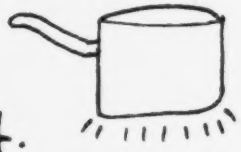
3 cups marshmallows

6 cups rice cereal



Melt margarine in 3 quart saucepan.

Add marshmallows.

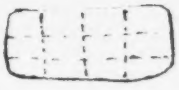


Stir until marshmallows melt.

Add rice cereal. Stir.

Press mixture in 9 x 13 pan.

When cool, cut into squares.



Mrs. Jaclyn Spinner
Head Teacher - P.M. Class
Temple Beth El Nursery School
3 and 4 year olds.

NO BAKE COOKIES

COMBINE:

2 cups sugar

1 stick butter or margarine

1/2 cup milk

1/3 cup cocoa

Pinch of salt

COOK 2 minutes, after the mixture begins to boil.

REMOVE from heat.

ADD:

3 cups quick-cooking oatmeal

1/2 teaspoon vanilla

1/2 cup peanut butter

STIR until the consistency of fudge.

DROP by teaspoonfuls onto wax paper or foil. Work quickly.

COOL and EAT

Alice Williams
East Amwell P. S.
Ringoes

and

Kathy Muller
Creative Nursery School
Highland Park

Oatmeal Cookies

$3\frac{1}{4}$ cups

oatmeal

$\frac{3}{4}$ cup butter

$\frac{3}{4}$ cup sugar

1 teaspoon vanilla

Mix ingredients with your hands.

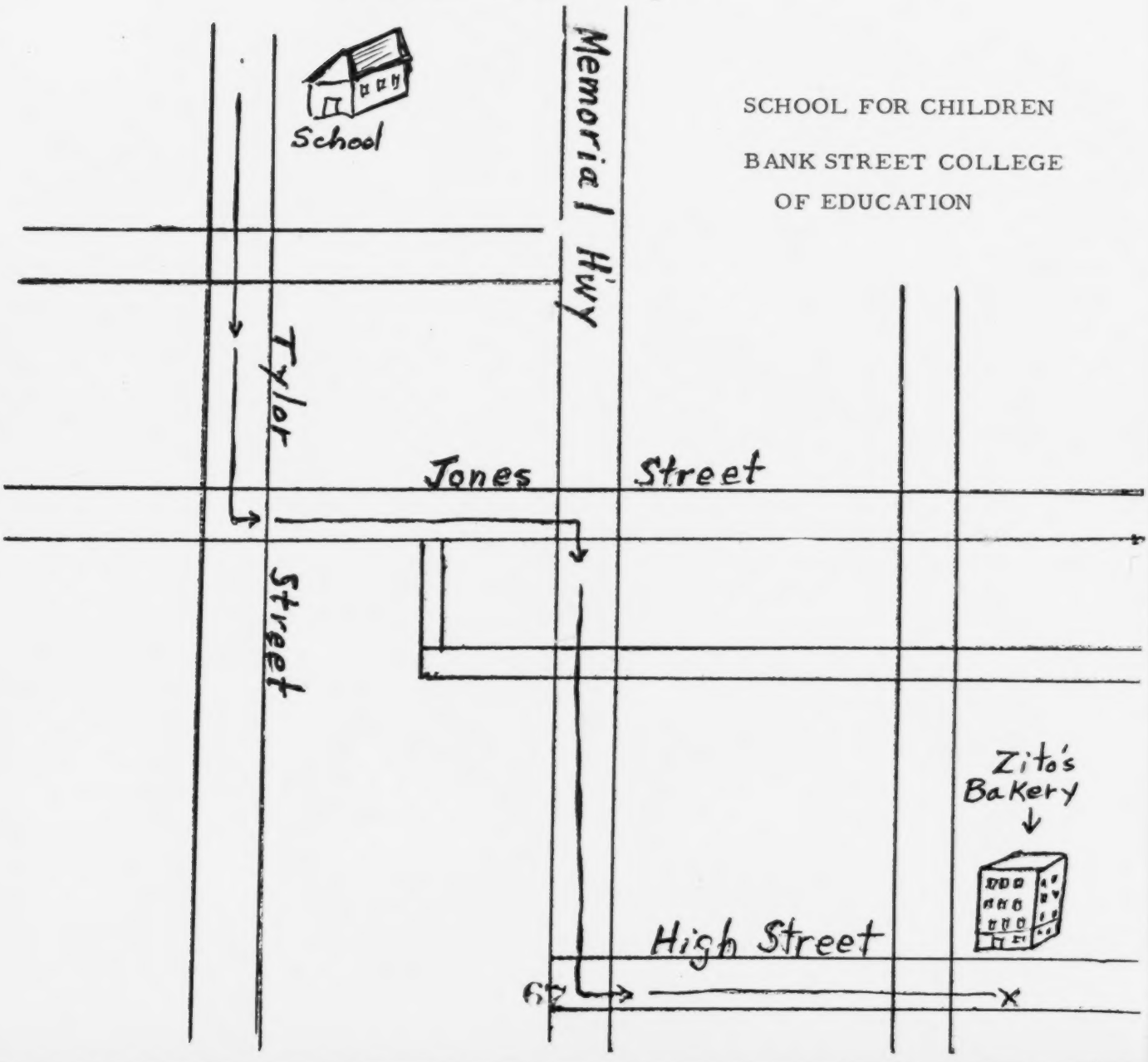
Roll into one-inch balls with hands.

Bake in 350° oven.

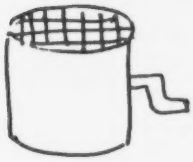
Bank Street College of Education
School for Children

A Cooking-Related Experience

"We are going downtown to visit Zito's Bakery.
We take a bus from our school to the Bakery."



One-Bowl Cake



Sift together:

- 2 cups flour
- 1¼ cups sugar
- 3 teaspoons baking powder
- 1 teaspoon salt

Add:

- ½ cup shortening
- ¾ cup milk

Special Education Classes, Ringoes
East Amwell Public School
Alice Williams, Teacher

Beat until smooth.

Add:

- 2 eggs
- 1 teaspoon vanilla
- ¾ cup milk

Beat again.

Pour half of batter into each pan.

Use 8-inch pans.

Bake 40 minutes at 350° F.

BARBARA'S ICE CREAM CONE CUPCAKES

Heat oven to 400 degrees F.

Make batter for cupcakes as directed on any flavor cake mix package.

Pour scant ¼ cup batter into flat-bottomed waffle ice cream cones, filling scant ½ full. If you fill the cones too full, they will overflow and will not have a nice round top.

Set on baking pan and bake 15-18 minutes.

Cool and frost with any frosting mix.

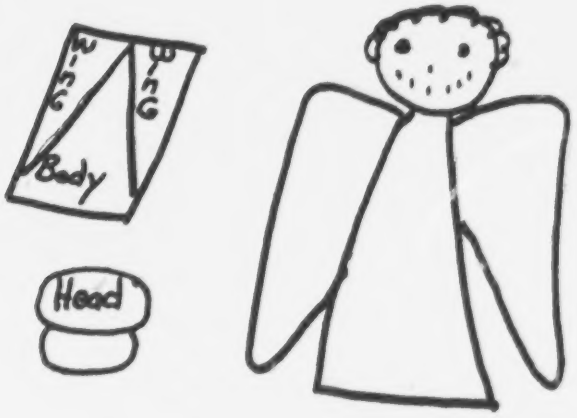
Use all kinds of decorations to trim such as: gumdrops, M & M's, chocolate chips, licorice pieces, and all kinds of sprinkles and colored sugar.

We prepare the cupcakes before class. (Do not try to keep more than 12 hours, or they will get soggy.) The children help to mix and measure the frosting. Use vanilla, and then allow the children to add drops of food coloring. We give each child some frosting in a paper cup. They frost their own cupcake, using a popsicle stick. We put the decorations into small cups, and allow the children to "do their thing". Varieties are endless!

Three-year-olds enjoy this project very much. By adding a pipe-cleaner "handle", they make cute Easter Baskets.

Lois Horn, Director
Village Nursery School
Brookside, N.J.

CHRISTMAS ANGEL



1 Box Cake Mix (white or Yellow) or other
1 Can white or Any other color refrigerated frosting.
A variety of decorating sugars or candies etc. (let children decide)

1. Mix the cake batter according to the package instructions and bake in an oblong pan (12 x 8 inches). Save a little batter and make one cupcake (for the angel's head).
2. When the cake is baked and cool, cut into sections as the picture shows: one large triangle for the angel's body, and two triangles for the wings.
3. Arrange the cake sections on a large platter as the picture shows for the body, wings and head.
4. Frost the Angel and decorate creatively.

CHRISTMAS ANGEL
ANECDOTAL NOTES

Joan Mason

The following receipe has been a favorite christmas treat for my children at home. Keith and Karen (ages 8 years and 5 years), this last holiday made three Angel cakes for neighbors, home, and a staff party at Kings Daughters where I work. Each time they made it they experimented with a variety of cake colors and frosting and candies. Daddy and Keith did not like the silver and gold dragees and said they tasted like "bullets"! Karen disagreed and enjoyed making a mosaic pattern on her Angel side. The cake for the neighbors looked lovely except the children forgot to save the batter for the head. So the angel was minus a head until George went to a bakery for a cup cake!

HOT MILK SPONGE CUPCAKES

(Can be made and iced in one 2½ hour session)

You'll need:

2 large eggs

1 cup sugar

1 tsp. vanilla

1 tbls. butter

½ cup milk

1 cup flour

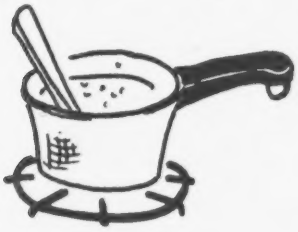
1 tsp. baking powder

½ tsp. salt

Preheat oven to 350°.

Measure flour, baking powder and salt; set aside.

Beat eggs. Add sugar and beat in.



Put butter and milk in sauce pan; heat until butter is melted. Do not boil.

Add dry ingredients to eggs and sugar mixture. Add butter mixture and vanilla; beat until combined. Bake 12 minutes.

Jane Sherman, Director
Morris Plains Cooperative Playschool
Children ages three to five years

ST. ANDREW'S NURSERY SCHOOL

419 SOUTH STREET
MURRAY HILL, N. J.

DIRECTRESS
JOAN F. MONGIOI

TELEPHONE
464-4875

Janice Lelko, Student Teacher (Newark State College)
5 Day - 4 year olds

ICE CREAM CONE CAKES

Mix:

3/4 cups shortening

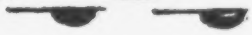
1 1/2 cups sugar

Add:

3 eggs

3 cups Presto Cake Flour, sifted

1 1/8 cups milk

1 1/2 teaspoons  vanilla extract

Pour 1/4 cup batter into flat-bottomed waffle ice cream cones, filling cones about 1/2 full. Set on baking pans and bake for 15 to 18 minutes at 350°. Cool and frost with any frosting mix, about 1 teaspoon for each cone cupcake. Decorate as desired with sprinkles, colored sugar, M. & M.'s, or gum drops.

PUMPKIN PIE

Single crust

5 tablespoons crisco

3 tablespoons cold water

1 cup flour

Filling

2 eggs

1 1/2 cups milk

1 1/2 cups Pumpkin

3/4 cup sugar

1 teaspoon cinnamon

1/2 teaspoon salt

1/2 teaspoon ginger

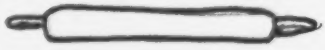
1/4 teaspoon cloves

Crust

Put flour in bowl

cut in crisco until size of peas

Shape into ball, Pat with flour and roll out to fit Pie dish



Filling

Beat eggs slightly, Mix all ingredients in orden.

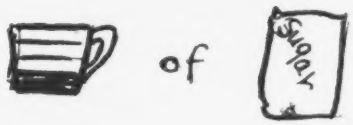
Pour into unbaked Pie shell

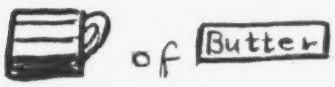
Bake 45 minutes.

Barbara Shulas
Pre-Kindergarten
Teacher Aide
Washington School
New Brunswick

CHOCOLATE PIE

12 Graham crackers

$\frac{1}{4}$ cup sugar 

$\frac{1}{4}$ cup Melted Butter 

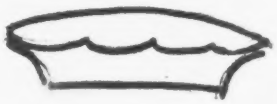
1 Box Instant Pudding

$1\frac{3}{4}$ cup Milk

PIE CRUST

Roll out crackers to fine crumbs

Mix crumbs with melted butter and sugar

Pat crumbs into Pie dish 

FILLING

Pour milk into bowl
Add Pudding mix
Beat 2 minutes
Pour into Pie dish
Chill 30 minutes

Mrs. Barbara Shulas
Teacher Aide
Pre-Kindergarten
Washington School
New Brunswick

Soft Custard with Lady Fingers

2 Cups Milk
¼t Salt
1 Cup Sugar
2 Eggs
1t. Vanilla
1 Pkg. Lady Fingers

Combine in a saucepan the sugar, salt and eggs. Mix slowly with a fork as each item is added. When mixture is smooth add the milk very slowly and continue mixing. When mixture is well blended place over low flame and continue stirring until mixture coats the spoon and is "Just About" to boil. Do not overcook! Remove from flame and add vanilla.

Pour immediately over lady fingers which have been broken into small pieces and placed in a large bowl or small custard or paper cups. Let cool, and chill in refrigerator before eating.

Flora Lally Boylan Kindergarten (5--6 yrs. New Brunswick

BLUEBERRY BETTY

Ruth Lieb, Director Teacher
Temple B'nai Or Nursery School
330 South St., Morristown, N.J.
3-5 yr olds

2 cups blueberries
½ cup brown sugar
4 slices bread
cinnamon sugar

1. Wash and drain blueberries in a colander.
2. Place in a 7 x 12 baking dish and sprinkle with sugar and lemon juice.
3. Butter bread and sprinkle with cinnamon sugar. Cut into small cubes and mix with blueberries.
4. Bake at 350° F. for 20-30 minutes.

Instant Pudding

Put in mixing bowl
2 cups milk
1 4¼ ounce package instant pudding

Beat with hand beater
Pour into 3 ounce size paper cups

Presbyterian church Nursery School - New Providence.
3 and 4 year olds

JELLO

1 box flavored jello

1 cup boiling water

7 ice cubes

add boiling water to jello

stir until dissolved

add ice cubes

Barbara Shulas
Pre-Kindergarten Aide
Washington School
New Brunswick

Ice Cream

Make the most of an opportunity that arises.

When the ground is covered with snow - dig out your ice cream freezer and put on your coats and mittens, out into the yard with your ice cream ingredients - and use the snow for the ice around the freezer, sprinkling a little salt as usual, to the snow. Someone sits on top and someone turns the hand freezer until our ice cream is made. Many songs may be sung as they make the ice cream. What fun!

A good recipe:

3 cups thin cream
1 tbs gelatine (soaked in 1/4c cold water
1 cup hot, scalded milk - 3/4c sugar f.g. salt.
1 to 2 ts. vanilla. Dissolve gelatine in hot milk. add to other ingredients and freeze.
Makes 1 1/2 quarts. Use different toppings

Presbyterian Weekday Nursery
Westfield N.J. Bea Steengrafe

Apple Sauce

Each child has an apple to wash and to cut up in pieces (dull knives) Cut with skin - center and all as is. Place pieces in a large pan. (electric fry pan) or a clear glass pot (allows children to see the changes in the apple as it cooks)

After apples are soft, use a food mill to make the apple sauce, allowing The children to see the apple sauce coming through the holes of the food mill. Add sugar (different smell) add cinnamon (different smell). What is left? Skin, seeds and pulp - of the apples.

Presbyterian Weekday Nursery
Westfield N.J.
Bea Steengrafe

"APPLES ARE FOR PICKING"

From Follow Through Newsletter No. 1
Cambridge, Massachusetts

Bank Street College of Education
Model Sponsor

What started as an experiment in applesauce making in Roberts Kindergarten mushroomed into an exhiliarating expedition to an apple farm in Pepperell, Massachusetts for all three Follow Through classes at Roberts.

Early one fall morning the Kindergarten, First and Second Graders boarded a bus. Up northward to Pepperell they went through the bold splashes of fall color that spread wherever eye could see. Upon arrival at the apple farm the children were treated to a very real and exciting hay ride down through part of the apple orchard to a neighboring farm to meet the horses, goats, sheep, chickens, rabbits and dogs. And there was a jaunt for two's in a sulky behind the pony, Troubles. Everyone investigated. Some had their pictures taken. Others were off exploring with the teacher or with their mothers seeing what there was to see.

At last came the big moment they had all waited for--the time to pick apples. They were real apples. They were so easy to reach and there were so many of them--and so good to eat! It was a magnificent time and a most memorable experience. When all the bags were full of apples, the children piled back onto the haywagon. What fun it had been and what delicious apples they had picked.

But this was only the beginning. This episode was just the making of the experience itself. After that came the time to re-live and re-create and remember. There were sights and sounds and smells--things that had become memories. Now was the time to reconstruct the experience and record the events. The children were asked to recall the experiences which were then enlarged upon and elaborated and extended. A mural depicting the activities was drawn by the second grade. Vocabulary lessons sprang from discussion sessions. A display of polaroid pictures reminded the children of what it had really been like. Memories were tapped and experiences discussed. And new things were learned about apples. Back in the kitchen, where the whole thing had started, the children now learned to make candied apples. And baked apples. And apple pie.

The experience had taken place only once, but the memory will last forever. The expedition had been an encounter with reality. The event would leave its impact on each who experienced it and it would represent a steppingstone of readiness for the next experience. Apples are for picking.

PINK APPLESAUCE

6 pounds MacIntosh apples

6 cups water

2 cups sugar

1/2 cup cinnamon candies (optional)

Children can quarter the apples with table knives and put in pans. Add water and cook until just tender. Children ladle apples into food mill or colander, removing all seeds and skins. Children add sugar. Put sauce in paper cups to cool for snack. Yield: approximately 36 1/3 - cup servings.

Cora Van Middlesworth, Director
Betty Peterson, Teacher

Bound Brook Cooperative Nursery
22 children 3-1/2 to 5 years

BAKED APPLES

Select firm cooking apples.
Wash and core.
Fill with sugar, cinnamon, and top with butter.
Bake in a covered dish at 350° F for 45-60 minutes or until peel is tender.

CARAMEL APPLES

1 bag caramel kisses
3 tablespoons water
6 popsicle sticks
6 medium size apples

Empty package of kisses into a small saucepan or (better still) top of a double boiler with water in bottom part to reduce burning.
Add 3 tablespoons water to caramels. Melt over low heat, stirring to keep from sticking.
When melted, insert sticks in apples and dip into syrup.
Place apples on waxed paper to cool.

Follow Through Program
Huntsville, Alabama

Bank Street College of Education, Model Sponsor

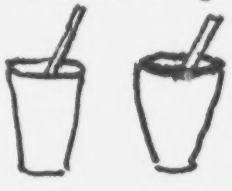
Pineapple Mix-Up

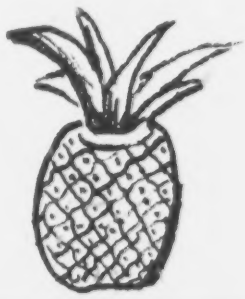
1 cup chilled pineapple juice
1 tsp. sugar
1/3 cup instant dry milk solids
1 cup cracked ice

Combine all ingredients in Blender jar. Cover. Blend at "HI" 30 seconds until thick and foamy. Pour into small glasses.

Repeat recipe as needed.
Let the children take turns pounding icecubes wrapped in a towel to prepare the cracked ice. We use a hammer for this job.

Shirley Levine
Plainfield Preschool Program





Marshmallow Snowmen

2 big marshmallows

5 small marshmallows

3 toothpicks

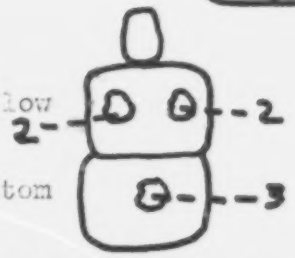
3 cloves

Put 1 toothpick through the 2 big marshmallows leaving 1 end sticking out (1).

Put 1 small marshmallow on end (1) for the hat.

Put 2 cloves in top marshmallow for eyes (2).

Put 1 clove in center of bottom marshmallow for button (3).

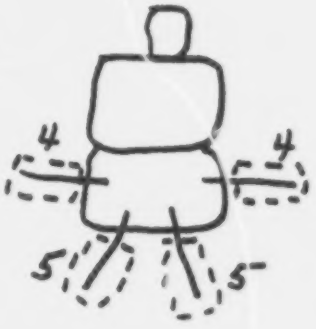


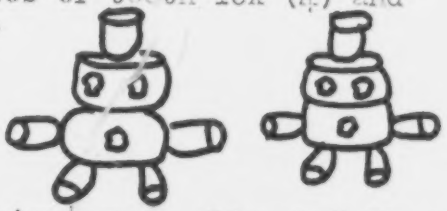
Break last 2 toothpicks in half making 4 pieces.

Put 1 piece in each side of bottom marshmallow for arms (4).

Put 2 pieces below button for legs (5).

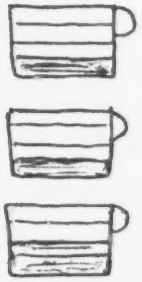
Put 4 small marshmallows on 4 pieces of toothpick (4) and (5).





Made by 4 year olds at Madison Nursery School. Mrs. H. Swartz, teacher.

PEANUT BUTTER BALLS



1/4 cup honey

1/4 cup peanut butter

1/2 cup dry milk

Mix ingredients together.

Roll into small balls.

Roll balls in sprinkles.

Alice Moore, Director
Wesley Hall Nursery School
Westfield, New Jersey

CHOW MEIN NOODLE CANDY

1 pkg. semi-sweet chocolate (12 oz.)

1 can chow mein noodles (3 oz.)

1/2 cup chopped nuts (optional)

Melt chocolate in top of double boiler. When melted, stir in noodles and nuts. Drop by teaspoonfuls onto waxed paper. Chill in refrigerator.

Judy Bergman, Teacher
Plainfield Pre-School Program

MARSHMALLOW TREATS

1/4 cup margarine or butter

40 miniature marshmallows

5 cups Rice Krispies cereal

Melt margarine. Add marshmallows and cook over low heat, stirring constantly until melted. Remove from heat, add cereal, and stir until coated. Press in buttered pan. Cut when cool.

Marjorie Lanning, Director
Presbyterian Church Nursery School
New Providence, New Jersey

PENNSYLVANIA DUTCH POTATO CANDY

1 small potato, peel, quater, boil, mash with a dash of salt and 1 tbsp. butter

1 lb. confectioner's sugar

1 tsp. vanilla

1/3 cup peanut butter

Add sugar a third at a time to cold mashed potato. Mix. Add vanilla and more sugar if too moist.

Between 2 sheets of waxed paper with a little flour on them, roll the dough to 1/8 inch thickness.

Spread with peanut butter. Roll like a jelly roll.

Chill for 1 hour. Slice..

Alta Phelps
Kings Daughters Day Nursery

Chocolate Bird Nests

Fun For Easter

1 Box Shredded Wheat
(10-12 biscuits)
2 Reg. Pkgs. Chocolate Bits
½ Jar Chunky Peanutbutter

Children crush biscuits fairly fine. Melt bits over hot water until just soft. Add peanut butter to melted chocolate. Thoroughly mix then add to shredded wheat. The children need help blending this stiff mixture. Give each child one tablespoonful on piece of wax paper. Shape into a nest and chill. Surprise them by adding a few jelly beans. Barely makes 18.

Jane Rodimer-
Teacher-Director; Florham Park Coop; 4's

PEANUT BRITTLE

Shelled Peanuts
2 cups sugar
(brown, white, or raw)

Shell enough peanuts to cover a cookie sheet. Melt the sugar in an electric frying pan - heat until dissolved and pour over the nuts as quickly and evenly as possible. It quickly hardens and you break it into pieces.

Rebecca Reese - 3½
Morris Plains Cooperative Playschool

2 cups confectioner's sugar
6-1/2 tsps. water
1/4 teaspoon wintergreen extract
Few drops green coloring

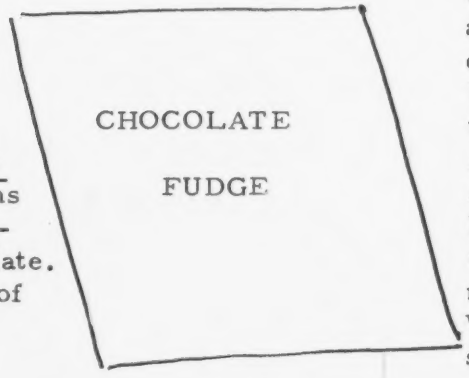
Combine all ingredients in top of double boiler and cook over hot, boiling water for 3 minutes. Drop onto wax paper by teaspoonful and let harden.

For red mints use oil of peppermint drops and red coloring.

CRUNCHY TREATS

1 cup semi-sweet bits
1 cup corn flakes
1 teaspoon vanilla
1/2 cup raisins

Melt chocolate over hot water. Remove from heat. Stir in cornflakes, vanilla and raisins. (1/2 cup cocoanut may also be added.) Drop by teaspoonfuls onto waxed paper. Chill until firm. Makes about 2 dozen.



For Peanut Butter Fudge, use the recipe at right, except use 2 tablespoons peanut butter instead of chocolate. Use 2-1/2 cups of confectioner's sugar.

Put 3 ounces cream cheese in a bowl and let stand until room temperature. Cream with wooden spoon and slowly blend in 2 cups confectioner's sugar. Melt 2 sq. chocolate over hot water. Add to cream cheese. Add 1/4 tsp. vanilla, dash of salt, and mix thoroughly. Press into greased pan and refrigerate for about 15 minutes.
When firm, cut fudge in squares.

A HONEY OF A TREAT

For 20

1 large jar honey

1 large jar peanut butter

or

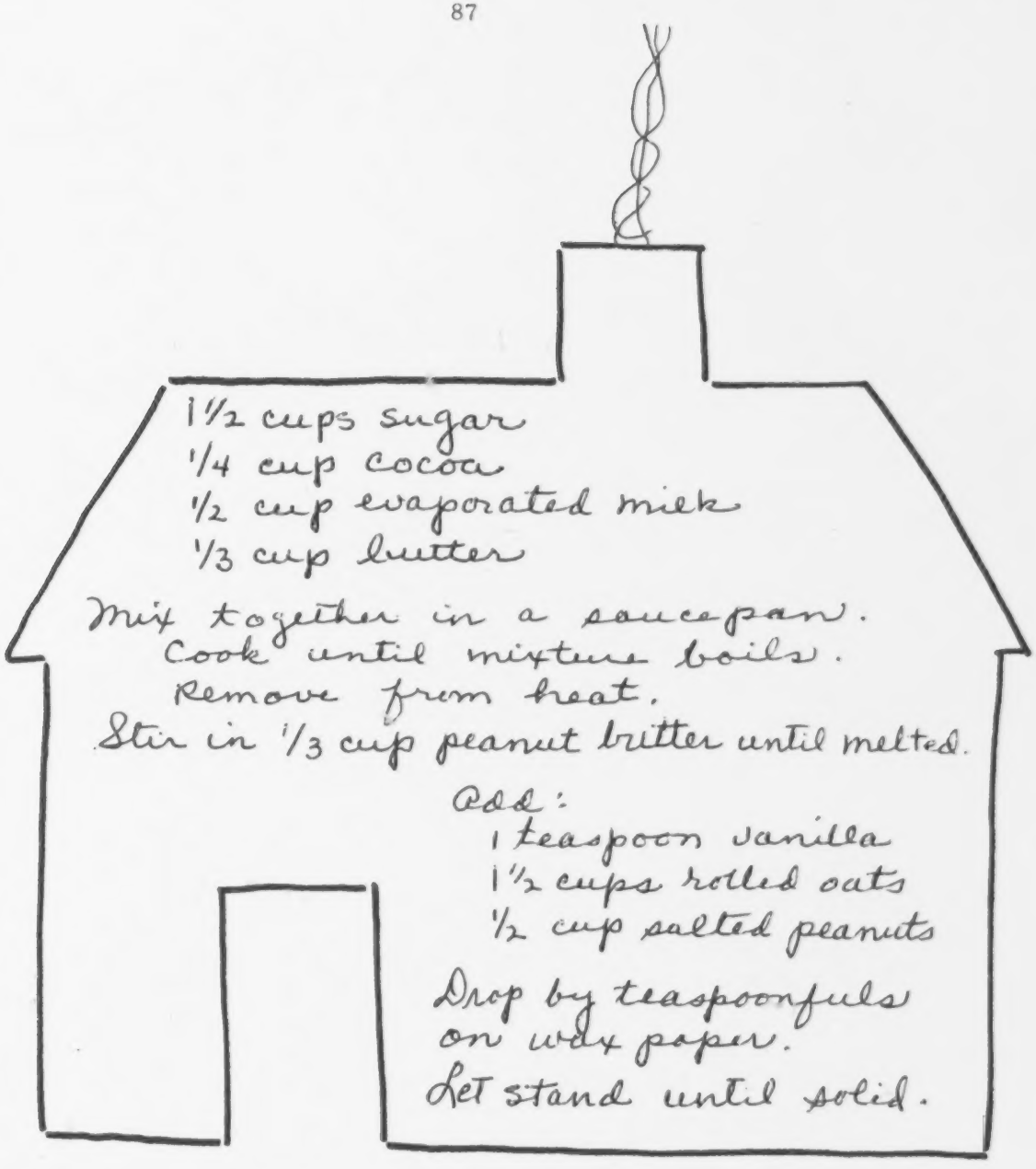
2 bags peanuts in shell
(To be ground day before)

2 bags large marshmallows

Pour honey in small dish for each child.
AT least 4 marshmallows for each child.
1 large Plate ground nuts or Peanut butter For each table.

Dip bottom of marshmallows in honey and then dib in ground nuts or spread on Peanut butter for a yummmmmy taste treat.

MRS. MARILYN Katz
taught 3's & 4's at
TEMPLE B'NAI OR
MORRISTOWN, N.J.



Chocolate Nut Chews

Special Education Classes, East Amwell Public School, Ringoes
Alice Williams, Teacher

Easter Eggs

Coconut

1 Box Confectionery Sugar
2 cups coconut
Enough cream to make moist.
Add food coloring.
Flavor.
Shape into eggs.
Put on wax paper.
Refrigerate.

Special Education
Classes, Ringoes
East Amwell
Public School
Alice Williams,
Teacher

Dipping for Adults only!

Chocolate Dip

Melt in double boiler:
1 Box Semi-Sweet Chocolate
16 ounces chocolate bits
3 Tablespoons wax.

Peanut Butter

½ Pound butter
6 cups peanut butter
2 Tablespoons vanilla
3 Boxes Confectionery Sugar
Mix it with your hands.
Refrigerate.

Honey Balls

This is easy for early in the year. Take children shopping for these familiar items. We work in groups of 6 and each group makes one recipe.

3 Tbs Honey
4 Tbs. Peanut Butter
½ Cup Dry Milk
¼ Cup Corn Flakes

Crush corn flakes on wax paper with rolling pin and set aside. Mix first three ingredients. Take heaping teaspoonful and shape into a ball and roll in corn flakes. Serves three for each child. Because they are rich we put them in baggies, chill and send home for lunch.

Jane Rodimer
Teacher-Director; Florham Park Coop, N.J.

Refrigerator Fudge

Melt 1/3 cup milk
2 tablespoons butter
in saucepan

Stir in 1/2 cup Sultana Cocoa
1/2 teaspoon salt
1 teaspoon vanilla
1 pound box of
confectioners sugar

Put in 1/2 pound plastic margarine tubs or aluminum pot pie tins. You can refrigerate if want but is not necessary.

Presbyterian Church Nursery School - New Providence
3 and 4 year olds

CEREAL CANDY

1 pkg. Butterscotch bits
½ cup Peanut butter

Heat in pan until bits are melted.

Pour over
3 cups Special K cereal and stir until all cereal is coated.

Drop by spoonfuls on waxed paper

HEALTH CANDY

1 cup honey

1½ cups dried milk powder

1 cup peanut butter

1½ cups wheat germ

1 tsp. nutmeg

crushed corn flakes

Combine, shape into small balls
Roll in crushed corn flakes or crushed nuts.

Alta Phelps
Kings Daughters Day Nursery

PEANUT BUTTER LOGS

Blend butter and sugar. Add cereal, crushing slightly. Shape in three logs 7 x 1-1/4 inches. Pat peanuts over logs. Wrap in foil or plastic wrap. Chill. Makes about 1 pound.

Dorothy P. Burns
New Brunswick

1 cup chunk style peanut butter

2 tablespoons margarine

1-1/4 cups sifted confectioner's sugar

3 cups crisp rice cereal

Some chopped peanuts

Tried and proven with kindergartners

LEPRECHAUN CANDY - CREAM CHEESE MINTS

3 ounce package cream cheese

1 pound package confectionary sugar

Green food coloring

1 tablespoon milk

1/8 teaspoon oil of peppermint (available at drug store)

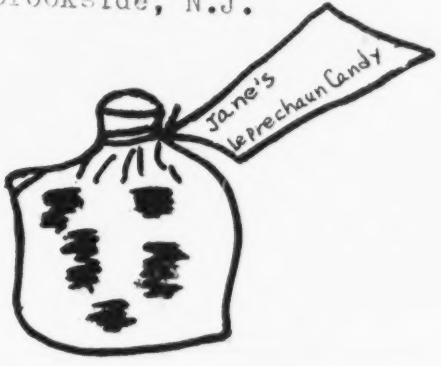
Combine all ingredients. Heat from hands is necessary for proper mixing, so be sure children have been washed carefully. Give each child a square of waxed paper, and enough dough for three or four walnut-sized balls. Allow children to roll into round ball. They can then flatten balls with a plastic fork.

We then put each child's candy into a plastic bag, and attach a label with a plastic twister. They like to take the candy home as a treat for their family.

Any other color could be used at another time of the year. Pink would be lovely for a Mother's Day treat.

Do allow the children to sniff the ingredients and discuss the various smells. The care taken in washing hands should also be mentioned and expanded into a lesson in personal hygiene.

Lois Horn, Director
Village Nursery School
Brookside, N.J.



COOKING IN AN EARLY CHILDHOOD CURRICULUM

A Way to Develop a Variety of Skills

First-hand experience is an essential part of the preschool, kindergarten and primary curriculum. Four, five, six and seven year old children have discovered their place in the family unit and are seeking greater mastery of their environment and interpersonal relationships outside the home. They are developing feelings of competence and independence in their surroundings.

In their dramatic play, we see that at this age the child is concerned with working out real-life situations. To adults, this may seem merely to be playful activity--to children it is the real work of defining and clarifying roles and behavior. These years also find schools assisting children in laying firm foundations of concept development, and introducing children to problem-solving processes in mathematics, science, social studies and language.

How does cooking carry out these goals? Cooking is an activity which all children seem to enjoy, both boys and and girls. It fills their need for real life activity and can serve to further their understanding in all of the curriculum areas. Furthermore, it is a sensory activity, experienced through tasting, feeling, smelling, seeing and hearing. Techniques involved in cooking require manipulation of equipment, which offers the opportunity for the child to improve small muscle control--the control so important to moving crayons, pencils, and paintbrushes effectively.

Cooking is a flexible activity which may be used at various levels with various groups of children. When four and five year olds make applesauce, they may discover or raise questions about completely different aspects of the process than seven year olds do. Moreover, cooking is an activity which may be easily integrated into other areas of the curriculum. The preschool and kindergarten social studies curriculum is based on the family and the neighborhood. Cooking in school is similar to what mother does at home. The actual cooking may be prefaced by a trip to the neighborhood grocery store to buy the ingredients, as mother also does. With first or second graders, the cooking experience may be elaborated into more of a study. Making applesauce is particularly appropriate during the autumn apple season. The teacher plans a trip with the children to an apple orchard and packing house. Then the entire problem of how apples get from the country storehouses to the neighborhood groceries can be explored with a study of the transportation network and city-country interdependence.

It is wise to give children all kinds of experience with the tools and operations of cooking. For instance, in the dramatic play area for four, five and six

year olds, there should be stainless steel mixing bowls, egg beaters, mixing spoons, measuring cups, and measuring spoons. Children can experiment with these implements by mixing soap suds in water with an egg beater, by pouring beans into measuring cups and then into larger bowls, and by mixing play dough. When the time comes to pour and mix the ingredients of a recipe, they will be familiar with such skills as how to pour a measuring cup over a bowl so that the contents will not spill, or how to mix the ingredients without sloshing them over the side.

Every cooking experience should involve planning beforehand and cleaning up afterwards. Planning might mean choosing between two or three recipes, shopping for the ingredients, and laying out the necessary utensils. Cleaning up provides many children with the chance for water play during the important activity of thoroughly washing the implements.

A cooking project, whether it involves everyone, or only a small group, is a very structured exercise. The children follow a recipe chart, simply and clearly laid out, which the teacher has designed. The children do not add the ingredients randomly or haphazardly. Limits will need to be defined before the cooking begins; everyone washes his hands well, with a discussion of why; everyone gets a turn at adding or mixing or stirring and then gives another child a chance; everyone cleans up, with plenty of sponges and mops provided. If staffing does not allow the teacher to work with a small group at a particular time, there should be plenty of materials, ingredients, and organization so that each child in the class can take an active part. It is important that the children do not have to wait twenty minutes for a one minute turn. All the children will want to taste the batter or dough or raw materials, as does any good cook at home. In the classroom with 20 to 30 sets of fingers, tasting may present some problems of hygiene. Providing toothpicks, popsicle sticks, or disposable spoons for dipping out a taste can promote cleanliness and still satisfy the desire to taste.

Invariably language plays a large role in the cooking experience. Children of four, five , six and seven are struggling to communicate clearly what they take in through their senses. They notice the bubbles in the batter, the changing shape of the cookies, the rising of the bread, and they verbalize what they see and hear and taste. The teacher could try to record some of the descriptive language which the children use to share with them at a later time. Some teachers have photographed children while they were cooking and later asked them to try to fit the pictures into proper sequence on the bulletin board with labels beneath.

Mathematical experiences in cooking are numerous. Classification into categories such as wet and dry, fruit and vegetable, hard and soft, is a skill required in mathematics. Understanding counting and one to one correspondence grows from giving <u>one</u> cookie to <u>each</u> child. Measuring and comparing amounts, prevalent in cooking, are mathematical exercises.

Scientific questions may be raised from the children's experience with cooking. The question of change is primary. Spaghetti, when cooked, changes from hard to soft. Cookies change from wet to dry and soft to hard. Milk added to flour makes it sticky. The question of where we get vegetables and fruits may lead to experimentation with growing plants.

One aspect of connecting cooking with social studies could evolve from the preparation of foods based on a study of the holidays or of different ethnic groups in our society. Another study could be based on seasonal change, which could also be related to science. As mentioned earlier, cooking could be part of the children's exploration of how a town or city operates. Stores, transportation, division of labor, and the interdependence of urban and rural areas would all be involved in this approach.

Throughout this discussion, cooking has been treated as a group activity. It could also be an interesting and valuable adventure for a child to pursue on his own, if the classroom were organized for individual activity. Making pudding or chocolate milk, if the child consulted the teacher, could be a realistic dimension of dramatic play.

Reprinted from the Inter-Project Newsletter, Vol. I, No. 7, June 1969, Bank Street College of Education Head Start/Follow Through Program.

EQUIPMENT AND UTENSILS FOR A COOKING PROGRAM IN THE CLASSROOM

hot plate (two burners)
portable electric oven
corn popper (optional)
egg beaters
double boilers, various sizes
(pyrex permits children to observe the process of cooking)
mixing bowls, graduated sizes
large stirring spoons
rolling pins
boards, for rolling dough, cutting
sifters
cake pans
cookie sheets
spatulas
measuring cups
measuring spoons
potato peeler, grater, knives
(to be used by young children with close supervision only)
sponges, wax paper, foil, etc.

PICTURE BOOKS TO COORDINATE WITH COOKING EXPERIENCES

Brown, Marcia. Stone Soup. Scribner's, 1947.

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Gingerbread Boy, The. William Curtis Holdsworth, ill. Farrar, 1968.

Johnny Appleseed. Adapted by Ted Parmalee. Golden, 1949.

Kahl, Virginia. The Dutchess Bakes a Cake. Scribner's, 1955.

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Little Red Hen, The. William Curtis Holdsworth, ill. Farrar, 1969.

Lindman, Maj. Flicka, Ricka and Dicka Go to the Market. Whitman, 1958.

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Minarik, Else. Little Bear. Harper, 1957.

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Florence P. Foster, Bank Street College of Education

SELECTED BIBLIOGRAPHY OF RECIPE BOOKS

NURSERY THROUGH GRADE THREE

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Beinert, Frederica L. Now You're Cooking: How-to-Cook Book for Girls and Boys. Rand McNally, 1967.

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Freeman, Mae B. Fun with Cooking. Random, 1947.

Mc Donald, Barbara Guthrie. Cooking Fun. Walck, 1960.

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Rudomin, Esther. Let's Cook without Cooking. Crowell, 1955.

Shapiro, Rebecca. Wide World Cook Book for Boys and Girls: Recipes from Far and Near. Little Brown, 1962.

Williams, Bruce, comp. Cooking Experiences with Young Children. Jackson, Mississippi Head Start Training Coordinating Council, 1969.

Florence P. Foster, Bank Street College of Education

ADDITIONAL RESOURCES

National Dairy Council, 111 North Canal Street, Chicago, Illinois

Ice Cream Is Good by Lois Lenski

My Friend the Cow by Lois Lenski

Let's Make Butter

Cooking Is Fun by Miriam H. Brubaker (Booklet of recipes)

Borden's Farm Products, 110 Hudson Street, New York

Milk Goes to Town

Continental Baking Company, Home Economics Department, P. O. Box 731, Rye, New York

The Story of a Loaf of Bread

A Trip with Baker Bill

American Institute of Baking, 400 East Putnam Street, Chicago, Illinois

The Food Mobile: Food Models of a Balanced Diet

California Raisin Advisory Board

Raisinland, U. S. A.

FILMS

Denver Dairy Council, Denver, Colorado

"Butter Is Made This Way"

National Apple Institute, Washington Building, Washington, D. C.

"How Apples Grow" (Filmstrip)

National Dairy Council, 111 North Canal Street, Chicago, Illinois

"Uncle Jim's Dairy Farm"

"Of Town and Country"

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Village Nursery School, Brookside	Lois Horn
Wee Folks Nursery School, Short Hills	Ruth Horbatuck
Wesley Hall Nursery School, Westfield	Alice Moore
YM-YWHA Nursery School, Union	Fanny Wald

Cover Illustrations

Pictures of children cooking by Mrs. Debbie Reese, Parent, Morris Plains Cooperative Playschool
Gingerbread man by Fanny Wald, YM-YWHA Nursery School